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IT'S GREAT TO BE A MAN

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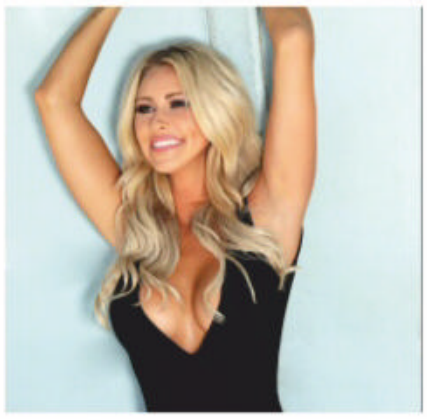
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CONTENTS 12/19



Jill Marie p14



Must-Buy Tech Items p28



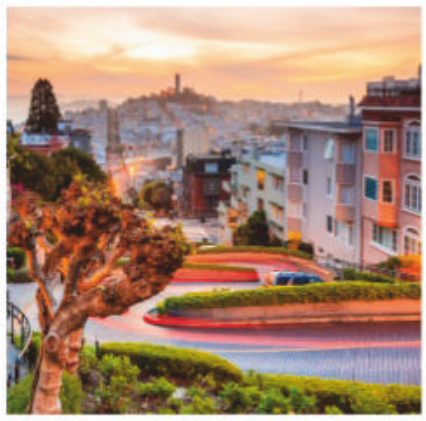
Our Sporty Porsche p46



On the cover | Courtney Byers p38



Natalia Davis p60



California Love p82



Nannette Hammond p88

04 SPEEDSTERS
Fact can be stranger than fiction. In reality, there are quite a number of real-life speedsters out there. Here, we take a look at some of the fastest things on the planet, both alive and inanimate

22 THE GREATEST STAR WARS MOMENTS EVER LOADING...
With Star Wars: Rise of the Skywalker coming out now's the perfect time to go back and look at some of the most jaw-dropping moments from the biggest movie franchise in the world

32 THE 17 BEST GAMES TO GET!
With the end of the decade approaching, and fast, it's time to look back at the year that was and highlight some of the best games released

52 BAKE LIKE A BOSS
Get ready to get on that apron as we improve your kitchen skills with some expertly put together and extremely delicious baking recipes

58 HOT STUFF!
Here are some clever drink mixes that are sure to keep you warm this season - best of all, we went for the easy-yet-tasty mixes so they'll be ready pronto!

68 DRESS FOR SUCCESS
It's time to look good all season long with another jam-packed fashion segment inspired by outfits and seasonal tones that'll have you looking your absolutes best!

78 GROOM ON
We've put together some grooming staples to keep you looking good and feeling fresh

82 CALIFORNIA LOVE!
We explore the Golden State of sunny California where there's everything from first-world cities, to majestic marvels of nature all topped with a wonderful and diverse community of residents

94 IS SOCIAL MEDIA KILLING YOUR SEX LIFE?
How constantly being on our phones and our daily social media habits are negatively affecting intimacy in the bedroom!


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SPEED

STERS

The first time we ever heard the term ‘Speedster’ was in reference to a comic book character. Yeah, you know the one, whose signature trademarks are red spandex and a golden thunderbolt across his chest but in essence, aside from ‘fastest cars’ or bikes, or anything similar there are a lot of ways to be fast, at many different things. We decided to check out a few VERY fast things and what we found was very interesting indeed. They say fact can be stranger than fiction and in reality, there are quite a number of real-life speedsters out there. Here, we take a look at some of the fastest things on the planet, both alive and inanimate.

THE ANIMAL KINGDOM

The fastest living things on the planet, all courtesy of wonderful Mother Nature.

LAND | *Cheetah*

Although it's practically general knowledge to know that a Cheetah can sprint super-fast, most people don't know the actual numbers that this agile cat can really do. Let's just say, if you spot one, no pun intended, just remember to keep as far away as possible because these felines are capable of reaching (recorded) speeds of between 68 (110kph) and 75mph (120kph). Our best advice for seeing a Cheetah in person outside of captivity is through the lens of a good pair of binoculars.



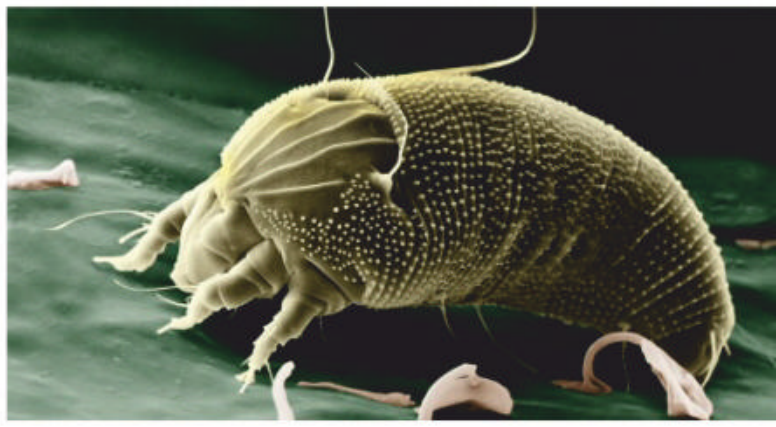
AIR | *Peregrine Falcon*

The most suited speedster of the sky has to be a falcon right? The Peregrine Falcon also unofficially referred to as the Duck Hawk is a bird of prey that is capable of achieving diving speeds of up to 240mph (390kph). When it comes to speed, altitude, and a swift descent the first logical question is 'how does it breath?' Well, it can do this because it has a one-way airflow into its lungs. Talk about efficiency!



SEA | *Black Marlin*

Unlike the more-popular Cheetah, you'd be forgiving for not knowing what exactly a Black Marlin is. This marine animal white it's long snout resembles a swordfish and is able to clock top speeds of up to 80mph (130kph). That's faster than the majority of us commute in our vehicles and no, it may sound like Merlin and it might seem like magic but it's not, it's pure performance and evolution at its best.



INSECTS | *South Californian Mite*

Speed is relative and by that we mean, the speed of the subject is relative to its body length. Size and how fast something can move changes when you factor in these dimensions. To date, the fastest organism on Earth is the South Californian Mite which has a top speed of 322 body lengths per second. To put it simply, if any person could run at 322bl/s they'd be able to run a mind-boggling 1300mph (2092kph).

ON THE ROAD | *Bugatti Chiron Super Sport 300+*

From a branding perspective, it's clever since the top speed is technically in the name, but the Chiron did a little more than 300mph clocking in a staggering 304mph (490kph). Aside from the super-strong styling gel you'd need to maintain a dapper hairstyle at these speeds, you'd also need to take out a second mortgage just for the fuel.





BY RAIL | *JR-Maglev*

Speed is relative and by that we mean, the speed of the subject is relative to its body length. Size and how fast something can move changes when you factor in these dimensions. To date, the fastest organism on Earth is the South Californian Mite which has a top speed of 322 body lengths per second. To put it simply, if any person could run at 322bl/s they'd be able to run a mind-boggling 1300mph (2092kph).

IN THE SKY | *Lockheed SR-71 Blackbird*

Strangely enough, it is not on, but off the ground where man seems to make up the most speed breakthroughs and what's better than a military jet with a dope name like Blackbird? The Lockheed SR-71 Blackbird is a long-range, high-altitude, Mach 3+ strategic reconnaissance aircraft and the true king of the sky capable of reaching vomit-inducing loss-of-consciousness speeds of 2190mph (3530kph).



LAND-SPEED | *Thrust SSC*

Powered by two jet engines and driven in Nevada by Andy Green from the United Kingdom back in 1997 the Thrust SSC was the first car to break the sound barrier setting a record speed of 763mph (1228kph). Although no new land-speed records have officially been set yet the Bloodhound Land Speed Record (BLSR) team recently unveiled what they've dubbed "the world's fastest straight-line car" which literally has a jet engine so powerful it's said to be capable of reaching speeds over 500mph (805kph). For now, they're still running preliminary tests with a focus on slowing down and stopping because of course, when you're going at supersonic speeds you'll need a plan to come back to a complete stop - safely. The BLSR team will attempt a new land-speed record in early 2020 - good luck!

MANMADE

Mother Nature is indeed spectacular but man has devised some pretty fast machines also and here we get to marvel at them in all their glory.

Fastest Man | *Usain Bolt*

Known the world-over as the fastest man alive, Usain Bolt is also the fastest human being in recorded history. He is able to reach speeds of over 27mph (43kph).

Fastest Woman | *Shelly-Ann Fraser-Pryce*

This title isn't so clean cut. Technically Shelly-Ann Fraser-Pryce has been crowned the fastest woman in the world numerous times while the women's 100m world record of 10.49 seconds was set by American Florence Griffith-Joyner in 1988 - which remains unbroken.

Fastest Tank | *The S2000 Scorpion Peacekeeper*

Here's another marvelous machine developed by Repaircraft PLC in the United Kingdom. In 2002 the Scorpion Peacekeeper tank achieved speeds of 51mph (82kph) which is pretty impressive considering the sheer size and presence of a miltary-grade tank!

Fastest Quad Ride | *Terry Wilmeth*

Back in 2008 at the Madras Airport in Madras, Oregon, Terry Wilmeth managed to reach a top speed of 196mph (316kph) on a quad bike. We're not sure it that's cool or absolutely insane because quads are notorious for flipping over. Either way, it's an awesome record that's unlikely to be beat anytime soon.

Fastest Water-speed | **Ken Warby**

A few decades back in 1978 in Australia, Ken Warby set the official water-speed record in a jet-powered hydroplane when he managed to achieve a top speed of 318mph (511kph) or 276 knots.

Fastest Police Cruiser (USA) | *The Ford Police Interceptor Utility*

Nobody ever wants to get on the wrong side of the law and it's never a good idea to run - especially from the police. So don't, EVER! But if you happen to come across the new Ford Police Interceptor Utility then be sure you're in the presence of criminal-catching greatness. It's regarded as the fastest police pursuit vehicle in the United States with its twin-turbocharged 3.0-liter V6 that delivers top performance, according to the Michigan State Police benchmark tests. The Interceptor is a fitting name and it's quicker and faster around a track than any of the competitor's sedans.

Fastest in the Universe | *Light*

Light is so fast the concept alone astonishes the mind. It is without a doubt the fastest known thing in the universe moving at a speed of 186,282mps (299,792kps). That's right, per second. If it was even humanly possible to achieve such speeds you'd be able to circle the circumference of the earth 7 times over in just one second. Light is the absolute fastest, hats off and hands down!

MORE FASTNESS

Here are some speeds that'll completely boggle your mind!









SPEEDSTERS OF A DIFFERENT KIND

Like we said earlier, speed is relative and sometimes it's not always fast in the sense of an object moving through space and time. Here are some more cool, and totally fast speedsters!

Fastest Rapper | *Twista*

You may have thought that auctioneers speak pretty fast, or that mumble rap could make the cut, but well-known American rap artist Twista takes the title of fastest rapper spitting an astonishing 280 words per minute.

Fastest Rollercoaster | *Formula Rossa*

If you love thrills and theme parks then this is right up your alley. The Formula Rossa located at Ferrari World in Abu Dhabi, United Arab Emirates is the world's fastest rollercoaster with a top speed of 150mph (240kph). If you ever get the chance to ride the monster rollercoaster be sure to pack an extra pair of undies!

Fast Foodie | *Peter Czerwinski*

There is practically a record for anything these days and Guinness World Records include several speed eating titles many of which are held by Canadian competitive eater and YouTube personality, Peter Czerwinski. Peter, better known by his stage name Furious Pete, currently holds fourteen Guinness World Records in eating.

Fastest Internet in the World | *Taiwan*

Ever wondered, like with most things, who's internet is the best? Well, the results might surprise you and currently, that honor goes to Taiwan with an average internet speed of 85 MB/s.

Fastest with a Gun | *Jerry Charles Miculek Jr.*

Consider yourself a quick draw? Well, don't try it with the greatest shooter of all time, Jerry Charles Miculek Jr. The American professional speed and competition shooter is known for his many world records, television appearances, and internet videos. One of his most amazing moments was when he emptied a five-shot revolver in 0.57 seconds into a group the size of a playing card.

Fastest-built Home | *The 2-Hour House*

In 2005, a team of volunteers in Tyler, Texas set a world record when they built a 2249ft2 (209m2) house in under three hours — the "2-Hour House." The official time set was closer to 3 hours at 2 hours, 52 minutes and 29 seconds. Guess they weren't keen to round up. Still, a house in under three hours in an excellent result.

Fastest Tennis Serve | *Samuel Groth*

Back in 2012 during an ATP Challenger event in South Korea an Australian tennis player named Samuel Groth served a super-fast ace recorded at 163mph (263kph).

Fastest Missle | *The Tomahawk*

Here's an interesting one. Who knew that the Tomhawk was so fast. It clocks an awesome 550mph (890kph) which works out to about 480kn. Impressive!

Let’s go to...



SPACE

Space travel has always intrigued humanity but most forget that it's been a reality for just over half a century already. Many academics the world-over predict that in the coming decades space travel will play a pivotal role in the advancement of human travel across the globe and outwards towards the stars. With this comes a totally new way of perceiving our world and an overall better understanding of the universe we live in. Over the years mankind has slowly been perfecting the art of space travel and although we're not cruising around the galaxy at warp speed we've still devised considerable advancements with many more still to come in the imminent future. So, who knows, we might be booking an interstellar flight sooner than we think.

What's even cooler is how innovative companies are stretching the limits of our imagination so bring us the ideas of tomorrow, today! Take well-known pioneers like Under Armour and Virgin Galactic, both well-establish companies that are recognized as experts in their respective fields working in unison to bring something totally new to the market. What product you ask? Only the coolest (for the masses) commercially made spacesuits on the planet! Take a look.

THE WORLD'S FIRST SPACESUIT ENGINEERED FOR THE MASSES

Under Armour creates a spacewear system for Virgin Galactic Future Astronauts.

The idea of flight has captured the human imagination for eons. From the myth of Icarus to a world captivated by a trip to the moon exactly 50 years ago, flight as a means to explore our world and beyond has remained at the forefront for adventures, researchers, artists and dreamers. That sense of adventure continues today, as Sir Richard Branson and his brilliant team at Virgin Galactic continue to deliver on the dream of personal space travel, inching ever closer to the regular commercial flights to space.

Earlier this year, Under Armour announced it had taken on the role of Exclusive Technical Spacewear Partner for Virgin Galactic, raising the curtain on a best-in-class partnership. While Virgin Galactic worked tirelessly to complete the flight test program of spaceship Unity, Under Armour was tasked with developing the spacewear system for the world's first commercial spaceline. As a brand built to make athletes better, innovation has always been part of Under Armour's DNA, leading to innovations like HeatGear, ColdGear, Recovery Sleepwear, UA RUSH, UA HOVR and more. But going to space presents an entirely new challenge, so a dedicated team at Under Armour has been working in collaboration with the team at Virgin Galactic to deliver a spacewear system that is safe, functional and comfortable, putting its own twist on classic spacesuit and footwear to mold the way the next generation of space travelers will dress.

"At Under Armour, we pride ourselves on always getting better and leaning into innovation to drive progress for our athletes, but few things can prepare you for a project as challenging and exciting as this one. Spaceflight is a unique and demanding regime and requires a different approach. What we've engineered utilizing our key technologies will define the future of spacewear and puts us at the forefront of this history-making event. We are grateful to Richard and the incredible team at Virgin Galactic for trusting us with this groundbreaking challenge." - Kevin Plank, founder and CEO, Under Armour

THE BASE LAYER

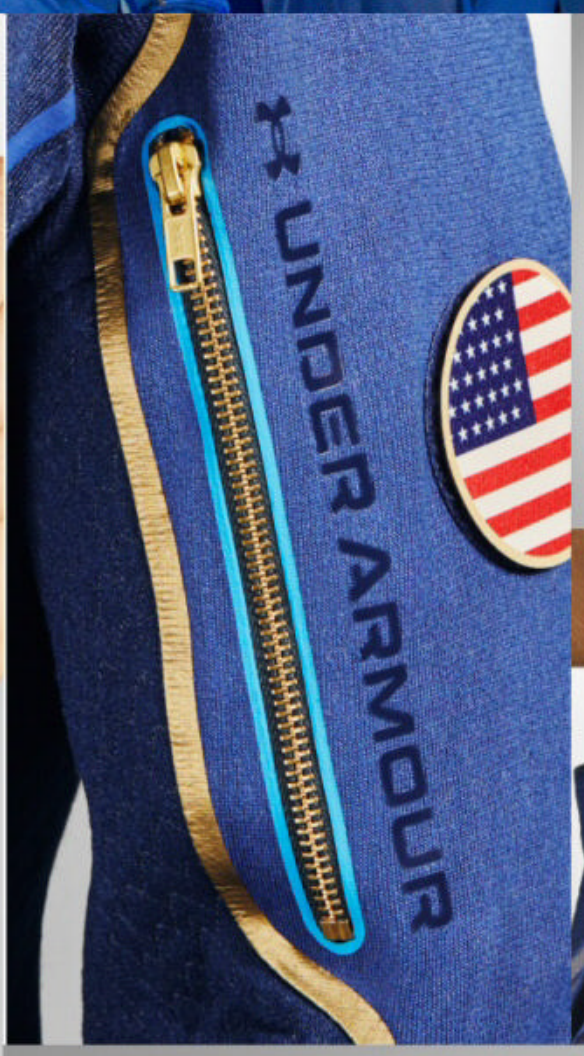
The UA | VG Base Layer acts as a second skin to the body, retrofitting Under Armour's UA RUSH technology will enhance performance and blood flow during the high and zero-G portions of flight. The entire base layer is built with UA's new Intelliknit fabric for total moisture and temperature management. From the hottest desert to the cold of space, UA Intelliknit provides temperature regulation and sweat management, making the impossible possible. The development process of UA Intelliknit is highly efficient and creates no material waste in the process - a testament to UA and Virgin Galactic's shared vision for a better, sustainable future.

THE SPACESUIT

The UA | VG Spacesuit is a deep space blue, with atmospheric light blue elements and pops of gold throughout, inspired by an image of the sun in space, casting its rays on Earth. The Virgin Galactic flight DNA symbols are embedded along the spine, symbolizing the unity of the suit with the mission. UA Clone, a proprietary auxetic material that forms to the exact shape of the body for a precision fit and zero-distraction feel, is used in key parts of the UA | VG Spacesuit - namely the



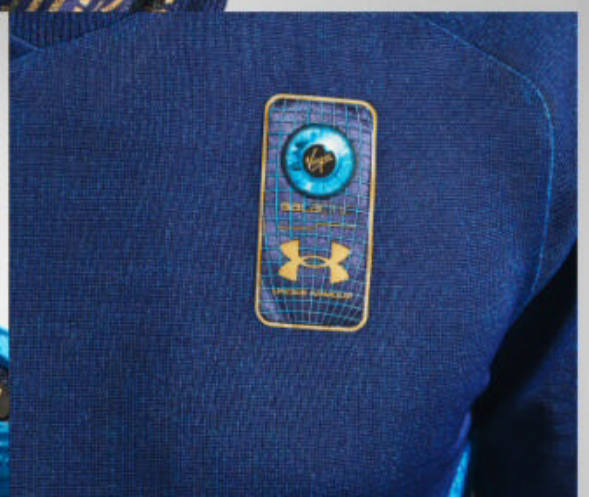

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GINGALACTIC
AND MORE PASSENGERS OUT
WILL ENABLE THEM, AND US,
WITH OUTWARDS AND BACK
WITH A FRESH PERSPECTIVE
BOTH DIRECTIONS
SIR STEPHEN HAWKING
INAL MISSION STATEMENT
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elbows and knees - for optimal mobility and comfort. UA's HOVR cushioning is also incorporated into the shoulder pads and neck area, which are high impact zones during the high-G portions of flight.

The liner of the spacesuit incorporates other new fabrics, like Tencel Luxe, SpinIt and Nomex, used for temperature control and moisture management, as Future Astronauts may experience a spectrum of temperatures throughout their journey. UA integrated all of the brand's performance fabrics – cooling, smooth, fast-drying, moisture-managing, comfortable and safe – to ensure the Future Astronaut has the most comfortable experience possible. An important part of the suit construction included functional features such as multiple pockets for necessary and personal items including an integrated solution for communications, with a push-to-talk button. Each spacesuit iteration underwent rigorous testing with key stakeholders in the VG team including pilots, spaceship engineers, medical officers, astronaut instructors and the customer experience team to ensure it would outperform in-flight expectations.

The designers recognized what a transformative and hugely emotional impact the s pacesuits will have on the astronaut experience. After spending time with Future Astronauts customers and the VG team, UA created a modern spacesuit that incorporates their feedback. UA added a clear pocket on the inside of the jacket above the heart for a photo of a loved one, and a patch unique to each mission that is removable from the suit to be attached to the Future Astronaut's flight jacket for everyday wear; a jacket which will be presented to astronauts after each mission.

"Once functionality and safety was nailed down from a performance perspective, we really wanted to bring the Spacesuit to life with signature Under Armour flair and recognition to Virgin Galactic's noble goals and epic achievements. We were able to incorporate the nostalgic elements of the classic spacesuit - not only from past space missions, but also iconic space movies - to redefine the way we think of space apparel moving forward and create something memorable and unlike anything Future Astronauts have ever seen." - Nick Cienski, Principle Innovation Apparel Designer, Under Armour

THE FOOTWEAR

UA reinvigorated the traditional space boot to create something that is highly functional, but also carries through the same style and design elements as the spacesuit. Taking additional inspiration from racecar drivers' footwear, coupled with UA's most cutting-edge footwear technologies, UA mimicked the lightweight feel for optimum mobility, moving away from what we'd all think of as the big, bulky boot astronauts have previously worn.

UA Clone adaptive technology, also utilized in the spacesuit, forms to the exact shape of the foot for a precision fit and zero-distraction feel, while the UA HOVR cushioning, one of the softest foams available, provides support for a functional, comfortable and flame-retardant piece of footwear. All distractions have been eliminated, resulting in a sleek, smooth, soft boot with nothing to snag on equipment or other Future Astronauts when floating in zero gravity.

The aesthetic design elements complement the spacesuit, with the shades of blue and gold flashes coming together beautifully. The graphic on the sockliner reads, "We Stand on the Shoulders of Giants," inspired by a quote from Sir Isaac Newton that the Virgin Galactic program holds close. In addition, the Virgin Galactic flight DNA symbols and logo unify the full space kit.

The development of the spacewear system is the next step towards the two brands' shared vision for creating a better future and more sustainable world through commercialized space travel.



FACTS ABOUT COMMERCIAL SPACE TRAVEL

How fast does the Virgin Galactic go?

SpaceShipTwo is projected to fly to a height of 68 miles (110km), going beyond the defined 62-mile (100km) boundary of space and lengthening the experience of weightlessness for its passengers. The spacecraft would reach a top speed of 2485mph (4000 km/h).

How much is a commercial flight to space?

Well, it all varies depending on the distance. It could be as high as tens of millions of dollars or as low as 250k - which is low, by comparison. If you're looking simply to cross the Karman line and breach the threshold of outer space, then Virgin Galactic says it will take you there for $250,000.

How much does it cost to go to the International Space Station?

A trip to the International Space Station comes at a pretty steep price and is estimated to cost tourists $52 million.

When was the first commercial space flight?

A major turning point for private spaceflight occurred on June 21, 2004, when SpaceShipOne, the first nongovernmental crewed spacecraft, flew 62.5 miles (100 kilometers) above Earth's surface.

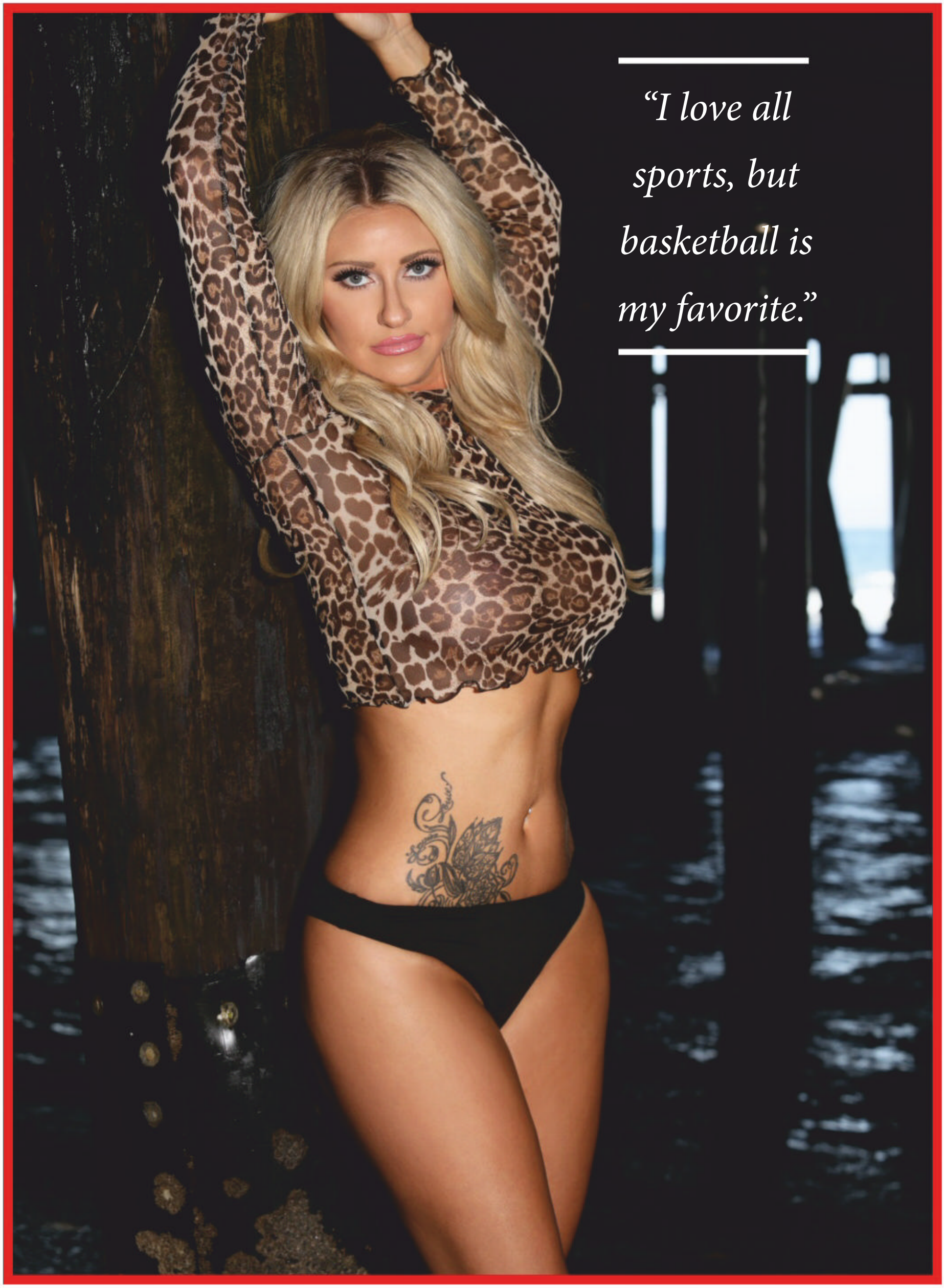
What is space tourism?

It's defined as "human space travel for recreational purposes." There are several different types of space tourism, including orbital, suborbital and lunar space tourism. To date, orbital space tourism has been performed only by the Russian Space Agency.

Jill Marie

Jill Marie | @jillmariejustme
Photographer Brian B Hayes | @brianbhayes_photo




"I love all sports, but basketball is my favorite."





CAN YOU TELL OUR READERS A LITTLE ABOUT YOURSELF?

I have the biggest laugh in the room and my personality matches it.

WHAT IS IT LIKE GROWING UP IN THE UNITED STATES?

Growing up in the United States was all about playing in the dirt as a child. I lived on a country road and brought home critters as pets often.

WHAT WAS YOUR FHM PHOTO SHOOT LIKE ON THE BEACH IN CALIFORNIA?

My photo shoot on Santa Monica Beach was a challenge as I had badly sprained my ankle the night before. It was an experience of a lifetime with perfect weather.

WHAT ARE SOME OF YOUR FEATURES THAT ATTRACT MOST MEN TO YOU?

Men frequently comment about my eyes and my smile but these long legs always take the win on the best feature.

WHAT ARE SOME OF YOUR MOST MEMORABLE MOMENTS IN YOUR MODELING CAREER SO FAR?

One of the most memorable moments in my modeling career was in Las Vegas, NV when I was 17 years old. I experienced my first "pool party" at the Hard Rock Hotel and Casino. Getting the job done was easy as it was so much fun!

WHAT DOES A GUY NEED TO DO TO GET YOUR ATTENTION?

A guy has to be attentive yet patient to get my attention. I like the slow chase. I'm very independent so I like my space, especially at the beginning.

WHAT HAS BEEN YOUR CRAZIEST FIRST DATE EXPERIENCE?

My craziest first date was to a Thai restaurant. I had no idea what to order and ended up with a mouth on fire and hot sweats! I had to go home immediately after because I felt sick from the heat!

CAN YOU DESCRIBE YOUR PERFECT MAN?

My perfect man is tall, great smile, with a stubble beard. A hardworking man with a talent. Someone that puts family first.

WHAT DO YOU FIND MOST ATTRACTIVE ABOUT MEN?

I think a mans confidence is powerful. Physically I'm most attracted to mans smile and his hands.

WHAT SHOULD A MAN NEVER DO IN THE BEDROOM?

A man should never ask me to be quiet in the bedroom! I'm expressive and loud! Haha!





WHAT DO YOU FIND AS 3 OF YOUR BIGGEST TURN-ONS?

Three of my biggest turn-ons are kisses on the neck, when a man is quietly confident, and gently touching my hair.

CAN YOU DESCRIBE YOUR PERFECT DATE NIGHT?

My perfect date night starts with an Italian dinner & wine and ends with dancing to live music of any kind!

WHAT'S YOUR FAVORITE SPORT AND DO YOU HAVE ANY FAVORITE TEAMS?

I love all sports, but basketball is my favorite. I grew up dreaming of being a Los Angles Lakers cheerleader and still hold that team as my top pick.

HOW CAN OUR FHM READERS FOLLOW YOU ON SOCIAL MEDIA?

Readers can find me on Instagram @jillmariejustme



What's ON?

The ins and outs on what we're binge-watching, what's to come and some of our favorite picks

By Andre Coetzer

The Greatest STAR WARS Moments Ever

With the highly anticipated Star Wars: Rise of the Skywalker coming out this month, bringing an end to the modern trilogy, it's the perfect time to go back to the previous films and look at some of the most jaw-dropping moments from the biggest movie franchise in the world.



Clones for Days

(Episode II: Attack of the Clones)

For many, the George Lucas inspired sequels still leave a bad taste in their mouths, but there is no question the prequels did have some epic moments and none more epic than the Kamino scene where Obi-Wan visits the remote rain-soaked world of Kamino, where long-necked aliens craft the foot soldiers of the Empire's genesis amid placid environments so sterile it might as well be a hospital. Of course, Obi-Wan's intense battle against flying bounty hunter Jango Fett and his son Boba is a massive highlight for any Star Wars Fan.

Speedracer

(Episode VI: Return of the Jedi)

One of the most iconic scenes from the original finale was the tense and jaw-dropping speeder scene from Jedi. Luke and Leia's pursuit of Imperial scout troopers aboard hoverbikes hurtling through Endor's titanic trees at suicidal speeds is one of the greatest chase sequences, not just in the Star Wars Universe but in any action movie. Of course, it's not just the visuals that made this scene so memorable, ask any Star Wars fan about this scene and they will recreate the epic sound of the speeder bikes whizzing past.

I Walk This Lonely Road

(Rogue One: A Star Wars Story)

Who will ever forget the epic scene when the guardian of the Jedi temple at Jedha turned blind while Rebel warrior Chirrut Imwe chanted his, now epic, mantra as he walked out of his battlefield shelter to defy the incoming fire of Imperial troopers to throw the switch that enabled the plans for the Death Star to be beamed to the Rebel fleet. Rogue One might be a divisive Star Wars entry but that specific scene captured the hearts of every fan in the cinema and will go down as one of the most epic moments in Star Wars lore. I am one with the Force and the Force is with me.

Bikini's, Barges and Big Boys

(Episode VI: Return of the Jedi)

One of the most lasting memories, especially for younger men when watching Return of the Jedi was, of course, the bathing suit slave outfit Princess Leia wore when she was the captive of the evil slimeball that is Jabba the Hut. But that's not the epic moment we are talking about. That is reserved when the no-nonsense princess escaped her shackles and choked the dangerous galaxy mob boss with his own chains. It was not only a cathartic moment for Leia but also for the audience seeing Jabba getting what he deserves. It was an epic moment in the early '80s and even more so now, 30 years later.













Dark Lord Emo

(Episode VII: The Force Awakens)

The new big bad wolf in the latest trilogy is Adam Driver's Kylo Ren, a wannabe Darth Vader and son to Han and Leia. He wears an intimidating mask and has his voice processed to make him sound more evil than he actually is, a lot like his hero Vader. The difference is though he is a spoilt little brat that hasn't quite mastered his force powers yet. So when he discovered Finn and BB-8 had escaped from his grasp in the sands of Jakku, Ren's lightsabre-swinging freak-out highlighted his petulant rage even further. It was the perfect way to highlight a young man at odds with his choices in life and sets up an imperfect yet fascinating villain.

Great Plan, Princess

(Episode IV: A New Hope)

After Solo, Skywalker, and Chewbacca liberate Leia Organa from captivity on the first Death Star, they quickly discover they haven't quite thought it through properly. The recently freed Leia improvises and blasts a hole into a garbage disposal chute. What seemed like a good idea at the time quickly backfires as they discover they landed in an area that is not only about to crush them, but a creepy alien garbage monster is lurking deep underneath the sewage water. The interaction between an angry Han and irritated Leia is the icing on top of the garbage cake.

Old Pals Playing Rough

(Episode IV: A New Hope)

They say you'll always remember your first and it's no different in Star Wars. The first lightsabre showdown between former master and apprentice was at the time a tense showdown. Obi-Wan and Vader came face to face for the first time since Obi-Wan defeated a dark side Anakin. Although the fight itself is not the grand spectacle that recent lightsabre duals have become, it's loaded with tension as the two former friends push each other to the limits to see who will break first.

Kill 'Em All, Especially The Children

(Episode III: Revenge of the Sith)

Revenge of the Sith is without a doubt one of the darkest chapters in Star Wars history and highlighted why Vader is so revered and feared across the galaxy. With Palpatine pulling the strings from the political shadows, Order 66 was mentioned throughout the movie but never explained. Until the order was executed and shocked fans across the globe. Three murmured words from the Emperor is all it takes for the heretofore obedient Clone Troopers to turn on their Jedi generals and gun them down in cold blood.

Podspeedracer
(Episode I: The Phantom Menace)

Let's be honest here, The Phantom Menace was not a good movie and it was an even worse Star Wars movie. It was boring, lifeless and went against many of the lore that was initially set up in the original trilogy. However, it wasn't all bad though as the pod racing scene was a much-needed injection of excitement in an otherwise dull film. Much like the earlier mentioned speeder bike chase from Jedi, the pod racing scenes offered break-neck speeds and phenomenal sound effects to elevate a scene many might not have initially cared about.

A Man and his Monster
(Episode VI: Return of the Jedi)

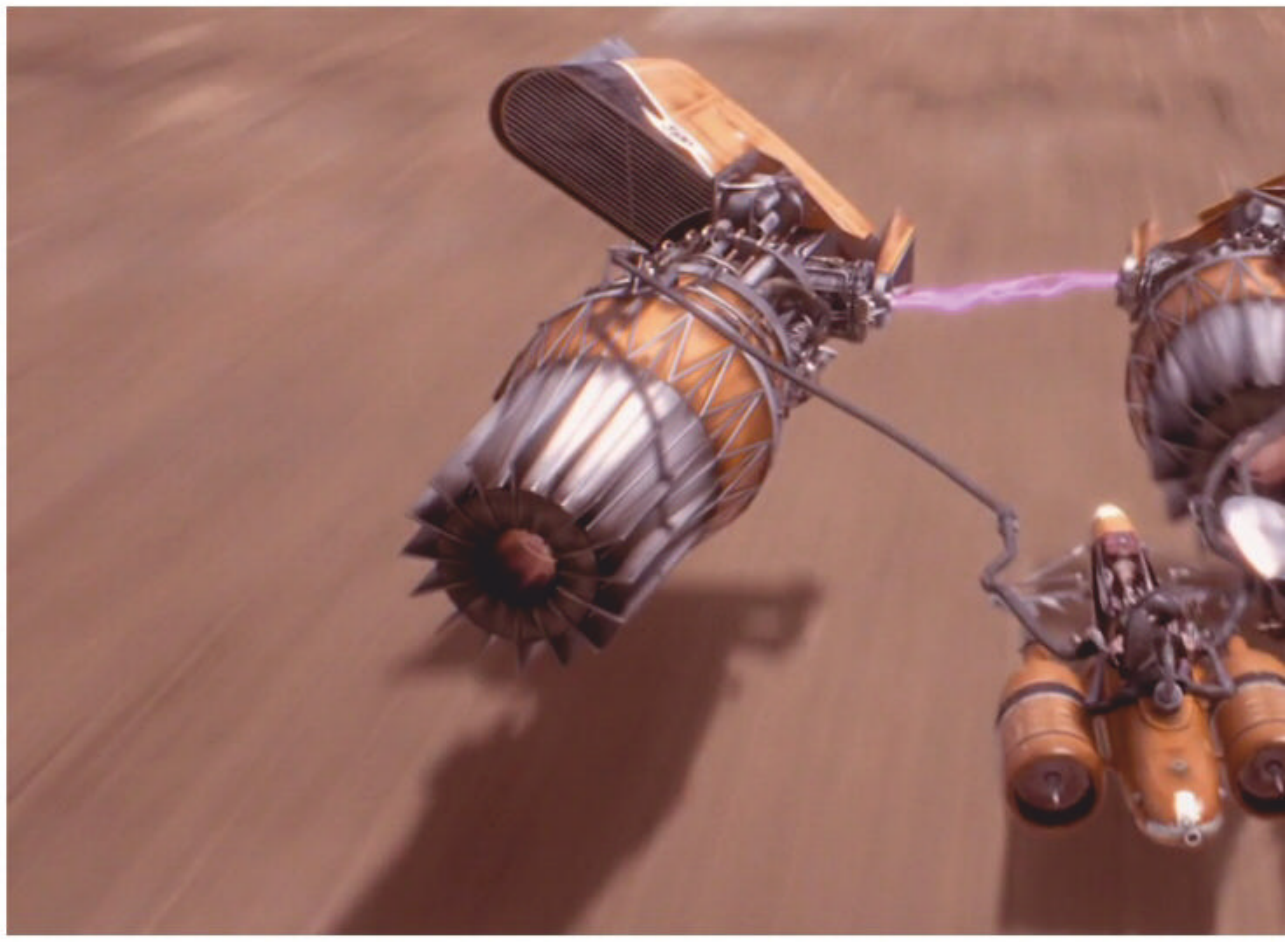
An overconfident Luke Skywalker strolls into Jabba's palace full of piss and vinegar, carefully explaining to Jabba that he will not leave until he has his friends returned to him. Of course, Jabba wasn't the negotiating type and had a trick up his dirty slimy sleeve. The oldest trick in the villain handbook, the secret trapdoor, was sprung on Luke. Skywalker went from overconfident Jedi to scrambling for his life as he came face to face with one of the most recognizable monsters in Star Wars, the Rancor. Not only was this a surprise for our hero, but even audiences did not see that coming. Well played Jabba, well played.

Vader Lays Down the Law
(Rogue One: A Star Wars Story)

Rogue One was a prequel to A New Hope, it set the scene on how the Rebels got their hands on the Death Star plans that allowed Luke to blow it to kingdom come in Episode IV. Everything was going quite well for our heroes as Rebel spies. Jyn Erso and Cassian Andor made their way out of the giant structure after successfully uploading the plans to the Rebel base. However, a familiar heavy breathing sound came out of nowhere and a deadly red lightsabre appeared. Vader was here and he was not a happy chappie. His onslaught sets off a chain reaction of events that, in the end, leads to the Empire's demise. It's a vulgar display of power and an unwitting demonstration of hubris, all in one fell lightsabre swoop.

Word Wise I Have
(Episode V: The Empire Strikes Back)

Yoda was a weirdo, no doubt about it. One never quite knew if he was a small little madman or a wise old Jedi. Probably both but damn he did give some amazingly quotable advice. When he orders Luke to lift his sunken X-Wing spaceship from the waters of the swamp where it crash-landed, rejecting the young man's complaints with eight words that cut through the self-doubt and self-pity to show the stakes in stark relief. Do, or do not. There is no try. Since then those words have been used in every single comedy routine, meme and annoying motivational Facebook post ever.

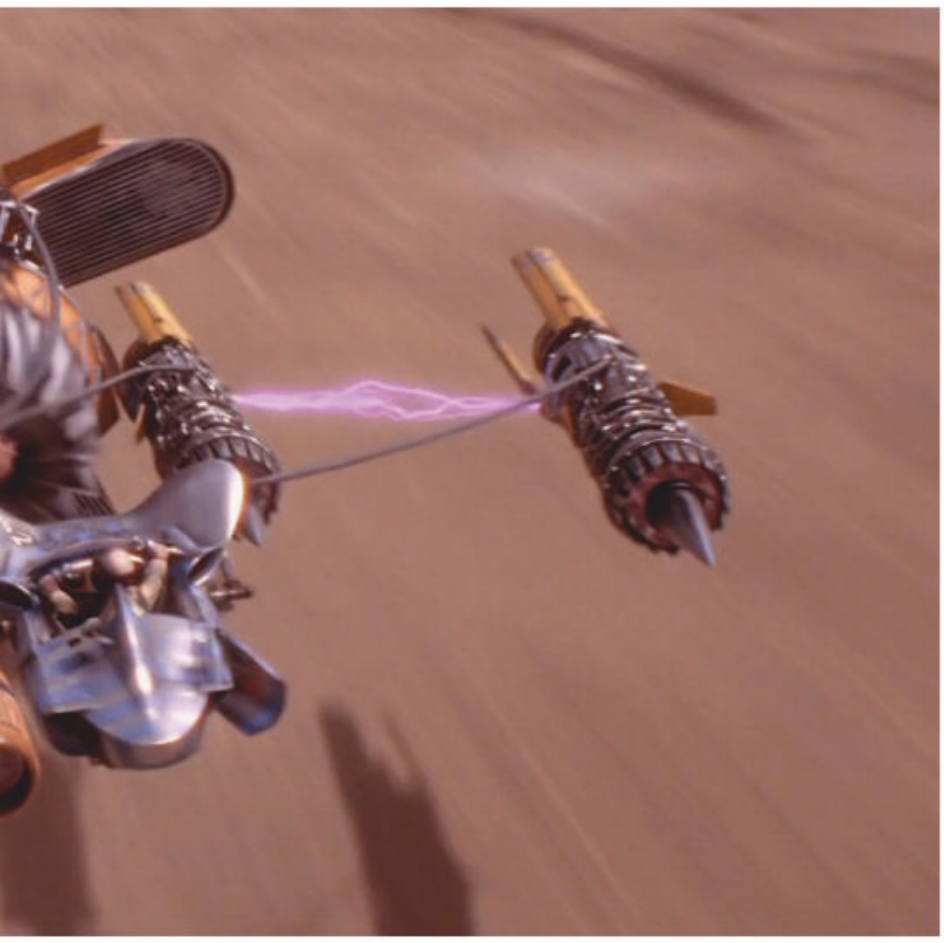












New Pals Playing Rough

(Episode III: Revenge of the Sith)

We mentioned their second and last meeting earlier, but it was the ultimate showdown between master and apprentice. The moment every single Star Wars fan was waiting for, for years. And although the prequels didn't handle the turn to the dark side as much as many hoped for, it was still an epic showdown between Obi-Wan and Anakin. You were my brother, Anakin. I loved you. It's fitting that Obi-Wan Kenobi's defeat of his childish student turned mass-murdering Sith Lord ends in a declaration of such touchingly childlike simplicity. It was an emotional moment, seeing Obi-Wan desperately trying not to fight his former apprentice and doing everything in his power to save his friend and brother.

3-Way (The Golden Rule)

(Episode I: The Phantom Menace)

The second and last exciting moment from the first prequel was the fantastically tense showdown between Darth Maul, Jedi Master Qui-Gon Jinn, and young padawan Obi-Wan Kenobi. It was a clash of three unique styles, from the calm and focus of Qui-Gon to the brash and youthful anger of Obi-Wan challenging the aggressive dual-bladed Seth lord. The unusual setting, involving a series of elevated platforms and timed forcefields, adds a palpable sense of drama, in which every move's consequences are clear and concise. And of course, the music, O Fortuna, is the perfect backdrop to one of the most intense battles.



Now Is Not The Time

(Episode V: The Empire Strikes Back)

After being betrayed by long-time friend Lando Calrissian, Han Solo and the gang are led into a trap while hiding from the Empire on Cloud City. With Vader and Boba Fett waiting for the trio, Solo, Chewie, and Leia are left helpless in the hands of the dark lord. Vader decides to try freezing Solo in carbonite as a dry run for what he plans for Luke Skywalker, and Han's friends are forced to watch. It's too much for Leia, who finally tells him how she really feels "I love you." His response, "I know." It was a dramatic revelation that just added to the drama of the last few minutes of The Empire Strikes Back. Who needs happy endings when you have Empire?

Daddy Issues

(Episode V: The Empire Strikes Back)

Right now the massive twist in Empire is so overused and part of popular culture that one actually forgets at the time this was a massive plot twist no one saw coming. George Lucas and his team kept the big "I am your father" reveal securely under the lid that it was a complete surprise to the cast themselves. Now imagine sitting in the cinema at the time, blissfully unaware what Vader was about to reveal. When Vader eventually does reveal the truth, the reaction of pure anguish and denial on Luke's face would even move the coldest of hearts. It's become a parody in itself these days but at the time with no internet to ruin everything, this was one of the biggest surprises ever in cinema.



That's No Planet

(Episode IV: A New Hope)

When the Death Star was first revealed to the crew of the Millennium Falcon, it gets mistaken for a planet. Only to discover to their horror that it wasn't a planet but a planet-killing moon base run by the Empire. How would the lowly and understaffed Rebel forces even attempt to destroy such a massive threat? Easy actually, thanks to stolen Death Star plans (big thumbs up to Jyn and Cassian), a little bit of luck and a whole lot of force. As Luke makes his way down the trench, avoiding tie fighters he comes up against Darth Vader himself who is in hot pursuit, but thanks to new buddy Han who knocks the Sith lord off his perch, Luke is able to focus on the force and makes sure to get that one in a million shot.

The Top 9 Must-Buy Tech Items

Where does the time go? It feels like just yesterday we were committing to a long list of hard to keep resolutions and now, it's already December. Well, no matter, like most techies we are super-excited to see what awesome gadgets await us in the New Year, but for now, we've put together the top nine must-have gadgets and tech you've just got to get your hands on, and we mean like right now!



DJI Osmo Action

Hey, what could be cooler than flying your very own high-tech drone, right? DJI is an industry leader that's well-known for its amazing drone technology. And now, they have decided to take on the GoPro with their revolutionary Osmo Action. The action camera bests the GoPro's impressive Hero 7 Black with a color LCD screen on the front, perfect for selfies and vlogging. That's not all, other epic features of the Osmo include super-smooth in-body electronic stabilization and a lens design that supports neutral density (ND) filters for capturing better footage in bright situations. Plus it's cheaper than its main competitor which is a real value-for-money proposition. So go on, get one, with all that power at your disposal you could be taking some awesome aerial footage in no time!





Beats Powerbeats Pro

Here's another well-known brand that has become a virtual powerhouse in the competitive earphone market. Beats takes it one step further and has stepped up its game to take on the Apple juggernaut with its very own version of the tech giants AirPods. For those that might not already know, Beats is actually owned by Apple and now, this time round, Beats goes toe-to-toe with its owner's own earbuds. Powered by the same Apple H1 chip as AirPods 2, the Powerbeats seamlessly connect to iOS devices and support faster audio switching between iOS and Mac devices. The wireless earbuds aren't as compact as AirPods, but they do provide a better fit, superior sound, and a longer battery life. It's a great alternative if the AirPods are not your cup of tea and we can see the brainpower behind this clever idea aimed at capitalizing the wireless earbud market.

Oculus Quest

Although the VR market has grown cold over the last few years, Oculus has released what many might consider the best in the business, The Oculus Quest which is a truly fantastic VR headset. Quest isn't a breakthrough for VR simply because it doesn't require a beefy PC or smartphone or external sensors to track your head and hand movements. It's a new milestone for VR because it's actually a lot of fun to play with. The same can't be said for pretty much all other VR headsets out there, so if you can, consider getting the Oculus Quest, you won't regret it.





Bose Frames Audio Sunglasses

Bose debuted an audio gadget this year that combined two things you love dearly into one: cool sunglasses and wireless earbuds. If you throw a pair of these Bose Frames on during a sunny day spent outside, the frames themselves will play music, streamed from your phone via a Bluetooth connection, exclusively for your ears. The speakers are so good and directional that no one in your close vicinity will even know you're listening to music. Also, we thought it might be cool to wear these and listen to some soothing music the morning after a big gig or night out.



LG Signature OLED TV R9

For many people out there, it's tough to really differentiate between top tier TVs anymore. The quality has gotten so good and it only seems to be getting better. They all practically offer the same features that most people won't know, use or even care about. And then LG decides to surprise us all with the unique Signature OLED TV R9, a TV that actually rolls up. That's right, rolls. The screen itself can stretch to 65 inches and then roll back into a compact box. You'll also get a 4K HDR Smart TV-watching experience like none before it, with Google Assistant and Alexa. That, plus a decluttered view when you don't want a screen hogging your living space. Whatever will they think of next?

Samsung Galaxy Note 10+

What tech list would be complete without a mobile phone or two on it? The Samsung Galaxy Note 10+ fits perfectly on this list of amazing tech and some would say it's one of the top phones in the world with regards to features and functionality. It boasts an expansive, high-quality screen, professional-standard cameras and laptop-level storage all packed into a device not much bigger than a mobile phone. Available with either a 6.3 or 6.8-inch screen, the Note 10+ offers super-fast charging and extra-long battery life as well as speedy processors that make gaming, downloading and streaming quality even better than before. It's one of the most powerful mobile phones on the market and a must-have for any Android power user.





Amazon Echo Show 5

The Echo Show 5 from Amazon offers an advanced step up from the previous handsfree Amazon Echo speaker. The updated version has all the features of the classic Echo such as the abilities to research information, make calls and play music but it now has a 5.5-inch screen for an added effect. This new technology means that users can now ask Alexa anything and be shown answers; follow step-by-step recipes, watch shows and tv or connect with family and friends via video calling. Added features include the ability to connect with and playback your home security camera footage, control lights and thermostats or simply display your favorite photos on the interface. Alexa is back and better than ever.

Apple iPhone 11

Many might question why the iPhone 11 Pro and Pro Max aren't featured on this list and the answer is easy. Although the pro versions of Apple's latest mobile phones are amazing in their own right, the price point will put a lot of people off. Apple's iPhone 11 may look a lot like last year's XR, but the company made some big changes, including a massive battery that lasts way longer, a camera that's one of best on any smartphone, and an even more accelerated processor. If you're looking to buy an iPhone this holiday season, this is the one to get. Just remember to insure it, you can't be too careful when a costly device is at stake.





Sony Cyber-Shot DSC-RX100 VII Digital Camera

For many, if not most people, the camera that comes with your smartphone might be more than enough for your Instagram updates and Facebook profile pictures. But for those looking to pack a bit more oomph in their compact photography, the Sony Cyber-Shot will deliver everything you'll ever need, and more. It fits into a jacket pocket, yet it can shoot 4K video and capture images with a quality ratio that rivals that of a pro-grade DSLR camera. The camera's impressive capabilities come courtesy of a larger 1-inch sensor, a cutting-edge image processor, and a versatile zoom lens. These features also earned the camera a gold award from Digital Photography Review. If you're going to take some epic photos, you might as well use an epic camera.

The 16 Best Games to Get!

The last twelve months have seen what most have considered a great year for gaming, from excellent first-person shooters to the successful return of big-name franchises. And with the end of the decade approaching, and fast, it's time to look back at the year that was and highlight some of the best games released.

LUIGI'S MANSION 3

The third in the series is arguably the best and another great addition to the ever-growing selection of must-have games on the Nintendo Switch. It's atmospheric and will provide a fun-filled gaming experience that the entire family can enjoy over the course of its relatively short story. Collectibles such as the Boos or Power Gems will offer further objectives throughout the time you spend in the wonderfully atmospheric Last Resort Hotel, yet it's the self-exploration that truly makes this game shine. Once again Luigi proves that he might just be the best brother in the famous Mario Brothers franchise.



DIRT RALLY 2.0

Although it's been a relatively quiet year for racing games, Dirt 2.0 came out of nowhere and blew away the competition. It's a fantastic looking game with incredible graphics and mind-blowing sound. Since it's an accurate representation of a rally racer, this game is rock hard with precision controls that will test even the most seasoned racing gamer out there. Featuring some of the most famous rally courses from around the world, this is not a game for the casual racer, but if you're looking for a true driving challenge then Dirt 2.0 is the game for you.



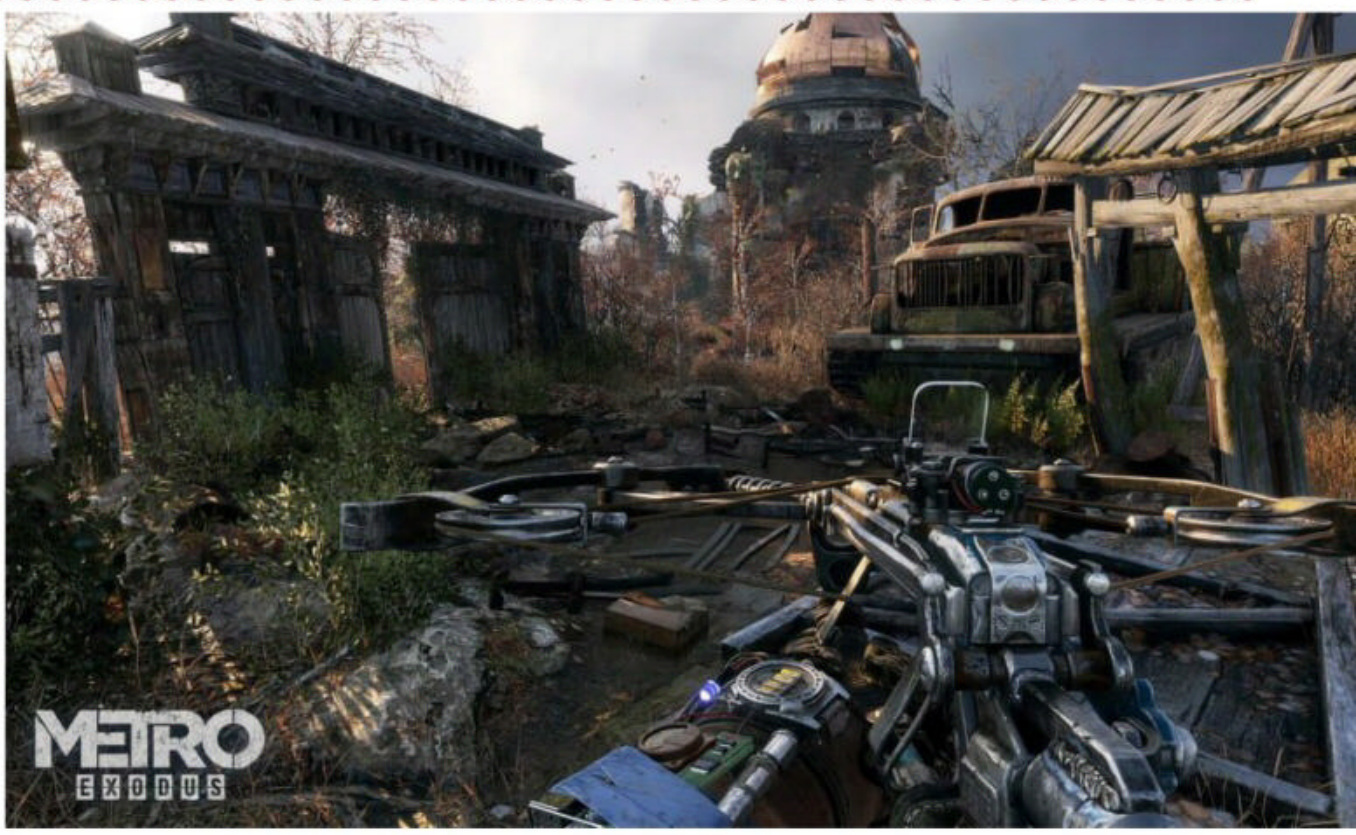


THE OUTER WORLDS

Fallout used to be a fantastic RPG that captured the imaginations of gamers around the world through its funny dialogue, unique set pieces, and a wonderful world to explore. Sadly Bethesda seems to have dropped the ball on the franchise lately, but fortunately Obsidian (creators of the ever-popular Fallout: New Vegas) returns with their own unique take on the RPG format. The Outer Worlds packs in a large portion of flexible quests and conflicts within its series of smaller worlds but the combat, characters, and companion systems are excellent and gives the game a unique identity of its own. It might just be the best RPG out right now.

METRO EXODUS

The Russian novel-inspired Metro games have slowly through the years gained much adoration from many first-person shooter fans and with Metro Exodus they have not only released the best Metro game ever, but arguably the best first-person shooter of the year. Exodus takes the fear-inducing formula of the series and places it into expansive, sandbox levels without losing any of the incredible tension that makes the series so distinctive. It tells a great story as you journey across a post-apocalyptic Russia looking for a safe haven for your people. It's gorgeous, gruesome and utterly terrifying.



BLOOD & TRUTH

The VR craze of the last few years seems to have died down a bit, but the people at Sony are still dedicated to delivering unique Virtual Reality experiences for owners of the PSVR. Blood & Truth is a terrific example of what PSVR can accomplish with a fun, engrossing blockbuster story. The sheer attention to detail and the promise of an action movie one can experience first-hand is a unique take on the genre. It's the perfect type of game for VR and it's one of the most exciting PSVR titles to be released in recent years. Time to dust off that headset and jump straight into one of the most exhilarating games of the year.





KINGDOM HEARTS 3

One of the most confusing and overly explained stories in gaming history returns for its proper sequel (there are a million and one side sequels) and it's absolutely brilliant. Square did a fantastic job of capturing the spirit of these Disney worlds while giving us a massive toolbox for battles and exploration. It's so cool seeing so many characters from throughout this series interact in new ways and rekindle old bonds. Kingdom Hearts 3 is full of heart and is a fulfilling evolution and resolution of the franchise. The gameplay is fun, the story confusing, and the graphics provide Pixar levels of quality.

MLB THE SHOW 19

MLB The Show has been a flagship baseball title for Sony for many years now and for good reason. It's been the best baseball game on the market for a long, long time and MLB The Show 19 continues that tradition. It offers fresh ways to experience the outstanding gameplay, complete with refinements on the defensive side of the ball. By integrating RPG mechanics into the player progression, Road to the Show has evolved into one of the deepest sports career modes currently available. It's the deepest and most satisfying baseball simulation you can find right now.





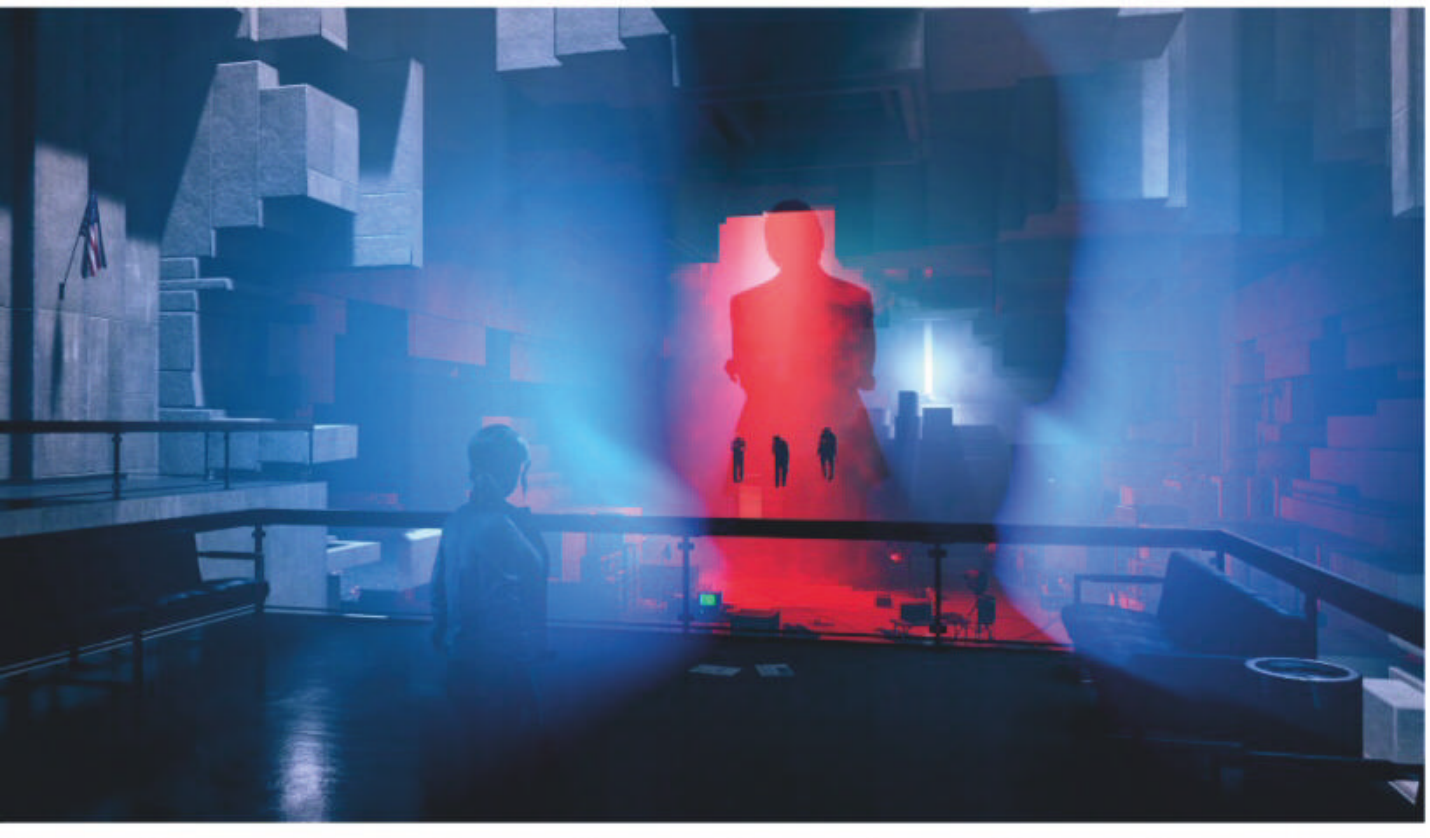
BLAIR WITCH

Loosely based on the original Blair Witch film for the late '90s, Blair Witch 2019 was an unexpected release that many did not see coming and yet it turned out to be one of the most terrifying games of the year. Very similar to the Outlast series, you play as Ellis a former cop and soldier going into the dreaded forest to find a lost child. Discovering Ellis' troubled past and the often relatable demons it left him with grounded it all and made each eerie or excruciatingly frightful moment personal. It's a superbly constructed horror game offering more scares and tension than the original movie ever did.

BLOODSTAINED: RITUAL OF THE NIGHT

Castlevania: Symphony of the Night was released way back on the original PlayStation and it was one of the greatest games ever made. Series creator Koji Igarashi returns with a brand-new series that truly captures everything that made the greatest Castlevania ever made into a legendary game. Exploring the castle's many secrets is a delight, and there is a dizzying array of weapons and powers waiting to be bent to your will. If you're seeking a true successor to Symphony of the Night then Bloodstained will satisfy that need and more.





CONTROL

From Max Payne to Alan Wake to Quantum Break, Remedy games have also been uniquely special and their brand-new franchise Control continues that rich tradition. Control is set in an engrossingly weird paranormal world that begs to be explored. Playing as Jesse, you're armed with versatile psychic skills as your main weapon which makes for thrilling ranged combat. And thanks to a strong supporting cast, a well-written script, and plenty of intriguing breadcrumb trails Control proves to be Remedy's best game yet.



APEX LEGENDS

In 2019 many started to feel the battle royale fatigue. From the broken mess that is PUBG to the divisive Fortnite, many felt the genre was on its last legs. Then a surprise announcement from EA Games and Respawn Entertainment changed the whole landscape. Apex Legends made squad-based battle royale work better than ever thought possible, even when playing with a randomly matched team. Its intuitive communication system makes strategic teamplay achievable without a word, and the eight unique legends each have unique abilities that are rewarding. The sci-fi inspired map leads to tense encounters filled with all of the pristine gunplay and polish from the Titanfall series, plus it's completely free to play.

ASTRAL CHAIN

Platinum Games have been on an amazing run, delivering unique and wonderfully weird games like Bayonetta and Nier: Automata and with their first proper foray onto the Switch system continues that strong run. Astral Chain is another excellent game and one of the best action games of this generation. Fighting off alien invaders with a Legion robot by your side proves to be even more fun than it looks, which is saying a lot. Even outside of combat, the world and its characters brim with life. Excellent pacing balances tense action with enticing exploration to create a deeply satisfying and charmingly quirky ride.





BORDERLANDS 3

The king of the looter shooters returns and it's a welcome return considering the failures of similar games like Anthem and other money-grabbing looter shooters. Borderlands 3 is not concerned about loot boxes or play-to-win models, it's all about giving you as much as possible to create as much destruction while firmly placing their tongue in the cheek. The sheer magnitude and diversity of its guns and surprising weaponry is unmatched, and the striking amount of loving detail and variety packed into its energetic and re-playable 30-hour campaign is what makes Borderlands 3 a high-point for the series – and the genre as a whole.

GEARS 5

After a surprisingly lukewarm reception to Gears of War 4, many wondered if the franchise might be on its last legs. Fortunately, with Gears 5 that is the furthest from the truth as Gears 5 is an excellent third-person action game. The most surprising element is the focus on the story and characters and Coalition really doubles down on character development in the masterfully crafted campaign. Add in a heavy-hitting multiplayer lineup of Versus, Versus Arcade, Horde, and Escape and it makes Gears 5 one of the best and most versatile action-game packages in recent memory.





MORTAL KOMBAT 11

One of the longest-running game franchises returns and might be the best in the series' history. It's gorier than ever and the combat system is again fine-tuned to make this one of the most challenging yet fun combat games on any console. It's one of the best looking fighting games out there right now and the fatalities are as stomach-churning as ever. This series continues to prove that there's real fighting depth beyond its notoriously gory fatalities, and this one, in particular, stands out as a spine-ripping good time.

RESIDENT EVIL 2

The words remaster and remake has been thrown around the gaming community quite a bit the last few years, yet very few developers truly deliver on the promise. Enter Capcom, who shows the entire industry how to do a remake properly. Capcom did a fantastic job of resurrecting all the best parts of the classic Resident Evil 2 and making them look, sound, and play like a 2019 game. If you're of the mind that the series had lost its way for a while there, this game is very much a return to form. The zombie combat is satisfying and exploring the dilapidated ruins of Raccoon City is a thrill. This establishes a new standard for remaking classic games.



Courtney Byers

Courtney Byers | @6feetofsunshine
Photographer Arthur St. John | @arthurstjohn
HMUA Alisha Bailey | @alishahairmakeup
Bikini Lybethras | @lybethras







I was born and raised just north of Los Angeles, I made a name for myself as a model while pursuing a business degree at a nearby college. As I took charge of my entertainment career and education I sought out new adventures inside the world of fitness. Having a background in athletics and team sports ranging from volleyball to rowing crew for college and competitive horseback riding, athleticism is something that has always played a large role in my life and was a natural progression after retiring from entertainment.

In the fall of 2013, I fell in love with the world of body building. I needed an athletic outlet when my time in team sports had come to an end. Shortly after, fitness and nutrition took over my life. I got my certification as a Fitness Trainer with The International Sports Sciences Association and continued to further my education as I immersed myself into Nutritional classes and coaching which enables me to dive into new entrepreneurial enterprises within the fitness industry. Shortly afterwards I became a Registered Yoga Teacher which has not only broadened my views on health and wellness, it has also allowed me to offer a unique coaching experience to my clients. My passion for helping people is not something that I feel can be matched. I truly love what I do and I believe it shows in the undivided attention and passion I give to each and every individual I work with.

When I'm not working I love to cook, I'm a huge movie person, I enjoy pretty much anything outdoors. Spending time with my dogs, horseback riding, painting, I also





recently took up the piano. I never stop learning, I am always searching for new ways to educate myself. I am so hungry for knowledge. It's something that truly never goes away. I'm an avid reader and bring books with me everywhere. I read everything from finance to economics, leadership books, mindset & psychology, autobiographies and fiction.

This coming year I plan on hosting a range of retreats for women focused around self-love, body positivity and health. My goal is to eventually expand and host retreats for couples so that clients can learn how to get healthy with their partner. My retreats will offer a wide range of activities from morning mediation to cooking classes, bootcamps and goal setting seminars. to ensure my clients leave feeling motivated and ready to tackle their lives once they get home.

My goal is to one day open my own retreat center & ranch, travel the world teaching workshops and speaking on taking charge of your life. I think the greatest thing about life is the fact that you can reinvent yourself and be whoever you want whenever you want to. It's truly magical.





Porsche Macan

The Gladiator

Macan, that's Porsche's most popular model, isn't it?

Most customers will gladly save the money to buy the 3.0 liter 6 cylinder Macan S with a healthy output and leave the Turbo version to those real Porsche anoraks who refuse to see this as anything other than a Porsche 911 Carrera for the family.

Sounds juicy

Don't get too excited, this is a segment densely populated by powerful 6-cylinder engines, and the occasional 8 cylinder. Power outputs are eclipsed by the X4 M, GLC 63 AMG and the Velar SVAD. The 0-60mph (100kph) time of 4.3 seconds and a top speed of 168mph (270kph) is only a fraction quicker than the outgoing Performance Pack model but still down on the GLC 63 AMG, BMW X4 M and Alfa Romeo Stelvio QV.

Frightening how unintimated we've become about these sportscar-esque numbers. The engine itself has conceded to downsizing, reduced from 3.6-litre to 2.9-litres although Porsche is quick to point out that power is up.

To ensure there's enough clear air between Macan S and Macan Turbo, the latter's engine is fitted with a second turbo which besides calling for a total repackage of pipes and heat exchangers, reprofiles the throttle response at all speeds. The result is ears pinned back; needle racing up to the 6,500rpm limiter and before you can blink there's another crack at the tacho's red numbers with a satisfying leap up the road, seven times over. It's my type of engine this, vibrant and bright with lots of flavor at the top. You can be going along quickly at 7thns throttle and then lashing on big chunks of speed with that final flex of the big toe.

But the new engine's tone is conspicuously subdued – even with the exhaust flaps supposedly at their throatiest – and downsizing isn't entirely at fault for this. When we drove the Audi RS4 with the same engine I remember the fizz and pops, which have now been engineered out of the Macan. With the expectation that new Macan will be fully electric, perhaps this is Porsche's way of easing us down gently.

Have they given it that visual muscle?

Depends on the color. In mainstream silver I think the new Cayenne Turbo is the better looking SUV from Porsche, but you can quickly change this status quo by ordering a Macan in Miami Blue or Mamba Green. German number plates would have added to the drama. But these are colors available on Macans, irrespective of engine, so the difference with the Macan Turbo is really down to the fixed roof spoiler and 20-inch wheels, beefier performance brakes, four pipes in silver and discreet badging. By contrast, BMW and Mercedes loosen the reigns on their flagship models a lot more.

You drove it on twisty roads

During uncertain moments like these you rely on naturally good proportions and accurate steering because even familiar corners now feel alien. You sit deeper than we would have wanted so we lost sight of the front arches – such a critical marker on a Porsche – but the communication streams in so even as the road narrows to 1.5 lanes of a mountain pass, the Macan still opens with precision before delivering substantial force.

For the new Macan the engine mounts suppress roll movements under load – not that we remember the old one being wobbly. Noticeable are the brakes with which attribute the immediacy to a shortened control arm acting on the master cylinder. Nerds will be happy that Porsche has skimmed 300g from the brake pedal's design. The damper system features lighter aluminum forks to improve rigidity and reduce unsprung masses by 3.3 pounds (1.5kg).

Macan remains a professional piece of kit. The words taut and direct downplay the technical genius behind them, while being able to trim the apex mid-corner with lock and throttle are joys usually reserved for sportscars None of the jittery behavior of the BMW X3 M when you're cruising at speed and better wheel control than a Range Rover Velar.


S GO 6413


PORSCHE
Macan Turbo







Suppose it's like a Cayenne inside?

Macan deviates from the modern Porsche architecture of Cayenne, Panamera and now 911. Is that a bad thing? If you like sturdy rows of buttons either side of the gearshift, the Macan is perfect for the on-the-move functionality. Prefer buttons smothered in glossy surfaces that by contrast slip under your finger? Then the Macan Turbo is not the coolest SUV out there. Both designs have their strengths; sometimes I look at the Macan's interior and wonder if a separate button for air fragrance was necessary. Other times the straightforwardness is a technological release. Driving modes via the rotary dial on the steering wheel make other systems look clumsy.

In the past we've been standing in a choir that sings about screen size – not pausing to question that bigger is usually better - and sure the Macan's 10.9 does a reasonable job of squeezing in there without expensively rearranging the Macan's interior design - but surely a configurable display ahead of the driver is just as, if not, more important? On that thought, the Macan's lack of head-up display and basic dials overshadow the Turbo's standard equipment upgrades to include Bose audio, wireless charging and Wi-Fi hotspot.





Thought there would be more

It's common knowledge that the new Macan will have a similar platform as the Taycan – in other words it will be electric. This has put a freeze on all development into the Macan's existing platform and architecture but assuming that you haven't been driving the rivals, I doubt you'll be all that concerned by Porsche's beleaguered evolution of Macan. This is a fast competent SUV with all of Porsche's genes to savor from a familiar cockpit. Luxury or tech are not the headlines; fast practicality is. In which case, why not buy an Audi RS4? I would.



LOW RIDER

High bars and horsepower define the new Harley-Davidson Low Rider S model, a cruiser that takes a performance-first approach to customization. The Low Rider S model is built around a Harley-Davidson Softail chassis enhanced by premium suspension components tuned for aggressive riding stoked by the unrelenting power of a muscular Milwaukee-Eight 114 engine, with styling cues inspired by the coastal build scene and Harley heritage.

"The look of the new Low Rider S is really rooted in the legacy of the Low Rider models of the 1980s, that has a devoted following which has spread worldwide from origins in Southern California, and in the recent Dyna-based Low Rider S model," said Brad Richards, Harley-Davidson Vice President of Styling & Design. "We've applied that coastal style and performance-first attitude to the Softail chassis to create a Low Rider S that's more powerful and agile than ever, with a heavy dose of tough-as-nails attitude."

THE MILWAUKEE-EIGHT 114 ENGINE MUSCLE

The Milwaukee Eight 114 engine (114 CID; 1868cc), the only engine choice for the Low Rider S model, delivers the most displacement offered in the Softail chassis from the factory, cranking out 119ft. lb. of torque at 3000rpm. A dual internally counter balanced system reduces engine vibration while maintaining the familiar Harley Davidson feel, while deep breathing, four valve cylinder heads and dual spark plugs squeeze the most power possible from every ounce of fuel. The engine is equipped with a Gloss Black Ventilator air intake with an exposed filter element to improve airflow into the engine, and 2 into 2 offset shotgun mufflers for an aggressive, performance look.





THE HARD-EDGE COASTAL STYLE

Raised hand controls are a defining element of the coastal custom influence. The Low Rider S model mounts a one inch diameter motocross style handlebar on four inch high straight risers to put the rider in an aggressive and active position. A color matched mini fairing frames the headlamp and blocks the wind when chasing down the freeway. A high back solo seat is shaped to hold the rider in place under hard acceleration.

All bright finishes are replaced with black finishes for an aggressive look. The powertrain, primary cover and tank console are finished in Wrinkle Black; the derby cover, intake, and lower rocker covers are Gloss Black. Mufflers and exhaust shields are Jet Black. Forks, triple clamp, riser and handlebar, and rear fender supports are Matte Black. The LED layback tail lamp has a smoked lens. The five gallon Softail fuel tank features an iconic Harley Davidson graphic. Radiate cast aluminum wheels (19 inch front and 16 inch rear diameter) are finished in Matte Dark Bronze for an intriguing contrast to the motorcycle's dark components. Two solid color options are available: Vivid Black and Barracuda Silver.



THE SOFTAIL MODEL FOUNDATION

The Harley Davidson Softail motorcycle frame is a foundation for performance. The frame design is optimized to reduce weight without sacrificing stiffness while maintaining the classic look of a hardtail with a thoroughly modern ride. The rigid mounted Milwaukee Eight V Twin engine contributes to a platform that delivers strong acceleration and responsive handling and braking performance. A single coil over shock features emulsion technology and an optimized angle between the frame and swingarm for enhanced travel and response. Under seat hydraulic pre load adjustment allows the rider to maintain optimal suspension performance for the prevailing load and road conditions. A 43mm inverted fork stiffens the front end for improved response to steering input. Single cartridge internal technology responds quickly to inputs and keeps the front wheel planted for improved braking and handling performance. Fork rake is reduced to 28 degrees from the 30 degree rake of the standard Low Rider model, resulting in more responsive handling. Dual front brakes with 300mm discs deliver stronger braking performance with less lever effort than the single front disc brake on the standard Low Rider model. Standard ABS (antilock braking system) provides confident braking performance when conditions are less than ideal. The Low Rider S model rolls on high performance Michelin Scorcher 31 tires.

Bake Like A BOSS!

It may seem like a cliche stereotype, but it doesn't seem like too many men actually know their way around the oven. Interestingly enough, the art of baking is a lot cooler than you'd think. Imagine it. Preparing your own biscuits, cakes, or even bread and a variety of other pastries - on demand. If that isn't self-sufficient then we don't know what is.

It's for that reason, and a few others, that we decided to brush up on our baking game, so get ready to get on that apron as we improve your kitchen skills with some expertly put together (and delicious) baking recipes.

There's nothing wrong with a man that cooks, actually, in this day and age women seem to love it. But if you're the kind of man that can bake too, then don't be surprised if your partner considers you a keeper! Besides, baking tasty treats has many benefits for yourself also, like saving money and being able to make your own late-night deli snacks - whenever you want to!



GINGERBREAD FRENCH TOAST BREAKFAST BAKE

Prep time: *5min*
Cooking time: *1h15min*
Servings: *4*

Ingredients

- 2.5oz (1.2kg) 100% rye bread

Egg mixture

- 3 eggs
- 5oz (150ml) unsweetened almond milk
- 6 tbsp raw honey
- 1 tsp cinnamon
- 1 tsp ground ginger
- 1/2 tsp allspice
- 1/2 tsp nutmeg
- 1/2 tsp ground cloves
- 1/2 tsp salt

Pour-over sauce

- 5oz (150g) almond butter
- 5oz (150ml) unsweetened almond milk
- 2 tsp caramel essence
- 1/2 tsp salt
- 3 tbsp honey

Sprinkle with cinnamon and ginger and a handful of hazelnuts . Refrigerate overnight

Instructions

Prepare a rectangular baking dish with a nonstick spray.

Then start preparing the egg mixture.

Make use of a medium-sized mixing bowl, whisk the eggs and then add the other ingredients and whisk together to mix well.

Pour a bit of egg mixture into the baking dish to form a base.

Arrange 1 layer of bread and pour the egg mixture over, repeat with layers till the baking dish is full.

Mix the pour-over sauce.

Pour over the top layer of bread.

Sprinkle with cinnamon, ginger and hazelnuts and place in the fridge overnight.

Bake the next morning.

Preheat oven on 360F (180C).

Bake for 25 to 30 minutes.

Serve warm with a cup of coffee and enjoy.

QUICK AND EASY GINGER BISCUITS - DOGGY STYLE

Prep time: *10min*
Cooking time: *8min*
Servings: *30-32*

Ingredients

- 100z (300g) almond flour
- 100z (300g) tapioca flour (cassava flour)
- 1.50z (50g) tahini
- 2 tsp bicarb of soda
- 2 tsp cinnamon
- 4 tsp ground ginger
- 1 tsp cloves
- 1 tsp salt
- 1 tsp vanilla essence
- 2 tbsp blackstrap molasses
- 4 tbsp raw honey
- 1 tbsp apple cider vinegar
- 4oz (120ml) olive oil
- 1 egg whisked

Instructions

Preheat oven to 430F (220C).

Line a baking tray with parchment paper.

Mix all the ingredients together except for the egg, beat it separate before adding to the mix.

Mix and knead well till you have a firm cookie dough.

Roll dough out and cut into shapes with cookie cutters.

Bake for 8 to 10 minutes.



CHOC ESPRESSO BISCUITS

Prep time: *15min*
Cooking time: *7-10min*
Servings: *20-24 biscuits*

Ingredients

- 10oz (300g) almond flour
- 1.5oz (50g) almond sprinkles
- 1 heaped tbsp cacao - 1oz (25g)
- 1 tsp salt
- 1 tsp bicarb of soda
- 7oz (200g) almond butter
- 6 tbsp raw honey
- 2 tsp vanilla essence
- 1 shot of espresso or a heaped tsp ground coffee or coffee powder

Optional: Garnish with coffee beans and hazelnuts or macadamia nuts

Instructions

Preheat oven to 390F (200C).

Prepare a baking dish with a nonstick spray and sprinkle with almond flour.

Mix all of the ingredients together till you have a dough-like texture.

Roll the dough into a long roll with a diameter of 1 inch (2.5cm) and cut into pieces of about 1 to 2 inches (3 to 5cm) long.

Transfer onto the baking dish.

Make use of a fork, place it in cacao and then firmly press down on each biscuit, the cacao will ensure that the dough doesn't stick to the fork. As an option, you can garnish with coffee beans and hazelnuts.

Place in oven and bake for 7 to 10 minutes.

Drizzle with raw honey and sprinkle with cacao immediately once they are removed from the oven.

Allow to cool off and refrigerate in an air-tight container.

MOCHA HAZELNUT MUFFINS

Prep time: *10min*
Cooking time: *25min*
Servings: *12 muffins*

Ingredients

- 2 cans chickpeas drained
- 8 tbs raw honey
- 3oz (100g) almond butter
- 1 tsp vanilla essence
- 2 tsp caramel essence
- 1 tsp bicarb of soda
- 2 eggs
- 1.5oz (50g) almond flour
- 1ts of salt
- 1 heaped tablespoon of cacao (preferably raw)
- 1 shot of espresso or a heaped tsp ground coffee or coffee powder
- 3oz (100g) hazelnuts

Instructions

Preheat oven to 360F (180C) on thermo-fan.

Place the chickpeas in the bowl of a food processor.

Blend till smooth.

Add all the other ingredients except the eggs and hazelnuts and process on high for 3 to 5 minutes, scraping down sides as needed, until mixture is smooth and well blended.

If you don't have a food processor you can pulp the chickpeas with a blender, add the rest of the ingredients and beat with an electric beater for 2 minutes on high speed.

Beat the eggs in a separate bowl till light and fluffy.

Add to the chickpea mix and beat for another 30 seconds to mix well.

Add the hazelnuts and fold into the mixture.

Scoop the mix evenly into 12 muffin cups.

Finish off with 2 to 3 hazelnuts per muffin, and coffee beans if you would like.

Drizzle with honey and sprinkle with almond flour for that fresh from the deli look.

Bake for 15 to 20 minutes.
(The edges will be crispy and firm to the touch while the centre will remain moist and soft.)



CHOCOLATE PEAR CRUMBLE

Prep time: *10min*
Cooking time: *25-30min*
Servings: *1 large tart*

Ingredients

Crust

- 8oz (250g) almond flour
- 2 tbsp honey
- 1 tbsp water
- 1 tsp salt
- 1 heaped tsp cacao
- 1 tsp caramel essence
- 3 cans of pear halves (in lite fruit juice) drained and washed to remove all fruit juice
- 1/2 tsp salt
- 1 tbsp caramel Essence

For the crumble on top

- 4oz (120g) almond flour
- 1.5oz (50g) flaked almonds
- 1.5oz (50g) chopped dates
- 1 tsp ground cinnamon
- 1 tsp salt
- 3oz (100g) almond butter - melted
- 2 tbsp raw honey
- 1 tsp caramel essence
- 1 tsp vanilla essence
- 1 heaped tbsp cacao

Garnish: Use a thinly sliced pear, honey and cinnamon

Instructions

Preheat oven to 360F (180C).

Prepare a baking dish with nonstick spray.

In a large mixing bowl, mix all the crust ingredients together till it's a well-mixed and sticky crumb-like texture.

Transfer to a baking dish and form crust by distributing the mixture evenly and then pressing down firmly with your hands.

Set aside.

Drain and wash the pears.

Cut into smaller pieces with kitchen scissors or a knife and add the salt and caramel essence.

Mix well to make sure the caramel essence and salt are evenly distributed before transferring to the crust.

Then lastly the crumble.

Mix all of the ingredients together till it's a sticky crumb-like texture.

Cover the pears with the crumble.

Garnish with a thinly sliced pear, honey and cinnamon and place in the oven to bake for 25 to 30 minutes.

Ideal to serve warm or cold.

Hot Stuff

As the seasons change so do we, and when the mercury is set to hit some of the lowest levels in the year there's no better way to warm yourself up than with a stiff drink (or a warm cup of cocoa). We've put together some awesome drink mixes for you to test out while you're trying to keep warm - best of all, we went for the easy-yet-tasty mixes so they'll be ready pronto! These cocktails are perfect for staying indoors, chilling with friends or entertaining some holiday guests. Enjoy!

SNAKEBITE

Here's one mix you may not have heard of and believe us when we say, you've got to try it. Although it doesn't seem like the typical cocktail because it doesn't make use of a stronger spirit it still packs a punch. So be warned. Plus, it's a pretty tasty that's quick and easy to make and it's sure to get the party started.

Ingredients

10oz (280ml) lager
10oz (280ml) cider

Optional

Dash of blackcurrant for color

Instructions

It's simple to make, mixing equal parts of lager and cider in a pitcher or large beer glass. If it feels a bit too strong you're welcome to add a little soda water or crushed ice. What's pretty cool is that if you add blackcurrant to the mix your drink's color will change to a darker, more sinister-looking tone - which is awesome if you're going for the random "what are you drinking there?" appeal.

BOILERMAKER

This mix is a big favorite for us, mainly because it's so simple. So if you have a thing for whiskey and a taste for beer then you're really going to like this drink. It's also easy to mix up in a few minutes and makes entertaining guests a breeze!

Ingredients

1oz (30ml) whiskey
10oz (300ml) beer

Instructions

It's like we said, the Boilermaker is really simple to make. Just pour the shot of whiskey into the beer and stir. What's great is that you can play around with different brands of beer and whiskey to find something you'll really like. It's also a good idea to add a shot of cordial like lime so you can really experiment with the flavors.

THE GODFATHER

We saved the best for last. Enter the Godfather. A true 'stiff' drink worthy of the name. The main ingredient is a good double dose of whiskey which, if you don't already have any, is sure to put a few hairs on your chest - or at least, some whiskers on your chin. The Godfather is less of a cocktail and more of a shooter, making it the perfect side order for something like the Snakebite.

Ingredients

2oz (60ml) whiskey
1oz (30ml) amaretto

Garnish

Orange zest twist

Instructions

If you're skipping the shot option and opting for a glassful then add the whiskey and amaretto into a glass filled with crushed ice and soda water. Add a garnish like a twist of orange zest, stir, and enjoy! There are also variants of this cocktail available for you to play with. There's the Godmother which replaces the whiskey with vodka or the Godchild which uses cognac instead. Maybe now's the time to start a minibar family?





Natalia Davis

Natalia Davis | @Nataliadavisofficial
Photographer Steven Bagley | @bagleyphoto_





Hello readers :)
I'm Natalia Davis,
British born model
living the dream in
the glitz and glam-
our of Las Vegas,
Nevada.





WERE YOU EXITED TO SHOOT FOR FHM
Super exited! I first saw FHM magazine when I was about 13 living back in the UK. I was amazed at how beautiful and glamorous the models were and fantasized that one day I could be like them so this is an absolute dream come true in so many ways!

TELL US SOMETHING SURPRISING ABOUT YOU.
I am a Business owner! I actually own a day spa in Seattle Washington.

DESCRIBE YOURSELF IN ONE SENTENCE.
Fun loving, adventurous world traveller.

WHAT IS SOME OF YOUR HOBBIES?
I absolutely love fine dinning, luxury travel, and of course like every girl shopping :)

WHAT IS YOUR BIGGEST TURN ON?
I love it when a man smells good!

WHAT TURNS YOU OFF THE MOST?
Poor hygiene and bad manners!

DESCRIBE TO US YOUR PERFECT DATE.
Dinner and drinks on a beach in an exotic location.

WHAT WOULD YOU CONSIDER YOUR BIGGEST CHALLENGE AS A MODEL SO FAR?
Getting used to wearing super high heels! sometimes I fall during shoots! lol but I'm slowly getting better.

ANY LAST WORDS FOR THE READERS?
Just be true to yourself! people who truly love you will always understand and respect your choices





‘Tis the Season

December is my favorite time of year. Though the days are short the Holidays are such a special time of year. Along with the festivities comes a prime opportunity for dressing well, use these images as an inspiration for what to wear. By Noah Williams



Photography by Kyle Kryar of Fluorescent Blvck Studios

LEFT
Mountain Khaki Suede Jacket,
J. Crew Turtle Neck.

ABOVE
Rolex Yachtmaster 2, Brunello Cucinelli Blazer,
Ledbury shirt











ABOVE

Tutleson Quarter Zip, Club Monaco Chino, Martin Dingman Loafers, Omega Speedmaster watch, Christopher Cloos Sunglasses

RIGHT

J.Crew cardigan, Joes Jeans, Rolex Datejust, Beckett Siminon Loafer, Brooks Brothers Shirt.




ROLEX
OYSTER PERPETUAL
SUPERLATIVE CHRONOMETER
OFFICIALLY CERTIFIED
COSMOGRAPH
DAYTONA
UNITS PER HOUR
NICARAGUA
FOGATA







LEFT
Rolex Daytona from Windsor Time

ABOVE
Turtleson Sweater, J.Crew Pants, Beckett Simonon Suede Loafers, Rolex Submariner, Ralph Lauren Glasses



ABOVE
J.Crew Sweater, Beckett Simonon Sneaker, Omega Speedmaster, Ralph Lauren glasses

RIGHT
Omega Speedmaster Professional


TACHYMETRE
OMEGA
Speedmaster
PROFESSIONAL


ROLEX
SUBMARINER
1000 ft • 300 m
SUPERLATIVE CHRONOMETER
OFFICIALLY CERTIFIED
SWISS MADE
50
10
20
30
3



LEFT
Rolex Submariner

ABOVE
Mountain Khakis Suede Jacket, Turtleson Cable Knit Sweater, Rayban Glasses, Nike Killshot 2 Sneaker, J. Crew Trousers, Rolex Submariner watch



MAIN*tain*

We know you don't want to spend too much time looking after your skin, so we put together a few key products that every guy should have on hand. Keeping your skin clean, moisturized and protected from the sun will save your skin in the long run, helping you to maintain your complexion and look younger, for longer. Whether you have dry, oily or normal skin, these must-haves will work perfectly every time!

Dry Skin

Cleanser: Aesop Gentle Facial Cleansing Milk
Here's an exceptionally gentle cleanser for daily use, enhanced with botanicals renowned for their soothing properties. It removes impurities effortlessly and rinses with ease. It is suitable for most skin types, particularly dry and sensitive skin. Your skin will feel cleansed and refreshed. *aesop.com*

Toner: DTRT So Fine Toner
A hypoallergenic oxygenated water-based toner to soothe men's irritated skin and relieve razor burn. This cooling aftershave toner heals, hydrates, and protects irritated skin. It is formulated with 10 percent oxygenated water to reinvigorate skin and pine sap to soothe damaged, sensitive skin after shaving — minus the irritation. Cactus fruit extract features excellent moisture retention that helps to keep men's dry skin moisturized and silky-smooth. *sephora.com*

Moisturizer: Jack Black Dry Erase Ultra-Calming Face Cream
A calming facial cream with Hydromanil™, Ginger Root, and vitamins C & E that delivers moisture to dry skin, reduces the appearance of redness and helps soothe irritation. It's clinically-tested ingredients, botanical oils and extracts, make it an ideal night treatment or for use after masks, peels, and exposure to environmental elements.

Shaving Cream: Taylor of Old Bond Street Sandalwood Shaving Cream
A Taylor of Old Bond Street classic is well-known to all wet shaving enthusiasts as having a luxurious and masculine sandalwood fragrance. This shaving cream creates a uniquely smooth and creamy lather for a fresh shave every time and it's available from *Amazon* and *Wallmart*.

Sunblock: Epicuren X-treme Cream Propolis Sunscreen SPF 45+
Finally, a versatile sunscreen with a moisturizing formula enhanced with propolis which helps form a thick and revitalizing sunscreen with ample protection and no sticky residue. The propolis is also very effective for sunburn, as the ingredients are soothing and beneficial for damaged and dry skin. *epicuren.com*











Cleanser: Clinique For Men Charcoal Face Wash
A detoxifying gel wash that delivers a deep-pore clean. Its natural charcoal draws out the dirt and excess oil that can clog pores. It also creates a soothing, non-drying lather that gently foams away impurities leaving all skin types feeling fresh, comfortable, and firm. *clinique.com*

Toner: Anthony Purifying Astringent Pads
These convenient pore-refining, dirt-busting purifying astringent pads help remove impurities, tighten pores, and control shine, leaving skin calm and refreshed. These premoistened toner pads are infused with witch hazel to help mattify skin. It also incorporates aloe vera to diminish redness and irritation for an even skin tone with added peppermint to cool your skin for a fresh finish. It's perfect to take with you on the go, whether on a plane, train or boat, camping, at the beach, at the gym or anywhere else you need a quick refresh. *anthony.com*

Moisturizer: Baxter of California Oil-free Moisturizer
Oily skin doesn't mean you shouldn't moisturize: Skipping this crucial step can lead to dry skin and, believe it or not, increased oil production. Rich in fortifying green tea extract, soothing aloe vera, and hydrating chamomile, this plant-based salve delivers just the right amount of moisture with a shine-free finish. *baxtercalifornia.com*



Shaving Cream: Neutrogena Men Skin Clearing Shave Cream
Their oil-free, no-foam formula is the first medicated shave cream for men to fight razor bumps and minimize ingrown hair. And a thin layer is all you need. What is their secret? Glycerin and moisturizers form a protective barrier between your face and razor to minimize irritation and provide a great shave. *neutrogena.com*

Sunblock: EltaMD UV Clear Broad-Spectrum SPF 46
It's very lightweight, making it easy to carry around and it helps calm and protect sensitive skin types prone to discoloration and breakouts associated with acne and rosacea. It contains niacinamide (vitamin B3), hyaluronic acid and lactic acid, ingredients that promote the appearance of healthy-looking skin. *eltamd.com*





Oily Skin

Normal Skin

Cleanser: LAB Series Multi-action Face Wash
A rich, multi-action foaming cream that cleanses, refines, and gently smoothes the skin. It's been specifically designed to provide a thorough cleanse and is best used daily to maximize the benefits. Their specially formulated ingredients help dissolve excess oil and unclog pores without drying your skin out. It also removes dead skin cells with purifying exfoliants leaving your face with a more healthy appearance. The LAB cleanser also helps lift, soften, and smooth beard hair and is ideal for prepping for a close, comfortable shave. The best part is that it's formulated for normal and dry skin types so it'll work great either way.

Toner: Clinique For Men Exfoliating Tonic
A daily exfoliator for normal to dry skins. It de flakes and smooths the skin's surface for a clearer more even finish. It unclogs pores and minimizes oil build-up and is also great to use as a prep for shaving.

Moisturizer: Bulldog Original Moisturiser.
This moisturizer for men contains aloe vera, camelina oil and green tea and has been specially formulated to hydrate men's skin without leaving a sticky or greasy residue. It will also leave the skin looking healthier and feeling softer. *bulldogskincare.com*

Shaving Cream: Kiehl's Ultimate Brushless Shave Cream - White Eagle
Experience a close, comfortable shave with their men's shaving cream with Menthol and Camphor. This is their most popular Ultimate Men's Shave Cream because of its superb formula that prepares your skin for an ultra-smooth shaving experience. Simply glide your razor for a smooth take-off with this brushless shave cream that's perfect for everyday use. *kiehls.com*

Sunblock: Clinique For Men UV Defense Broad Spectrum SPF 50
Here's another great product from Clinique that is ultra-lightweight and provides high-level UVA/UVB protection. It can be worn comfortably every day to help prevent the signs of aging. Its patent-pending Invisible Screen™ technology forms a protective shield that's virtually invisible on all skin tones. *clinique.com*









LOVING

Welcome to the magnificent Golden State of sunny California, or Cali as some would call it. Here, there's everything from first-world cities, to majestic marvels of nature all topped with a wonderful and diverse community of residents. Interestingly enough, although it's cool for most outsiders to say use the term Cali, it's totally uncommon for any of California's natives to use the phrase. And while we are on the topic of interesting things, did you know, it's common for people to think the term 'Golden State' refers to California's sunny skies, bronze beaches, richness in minerals or even because it's basically the home of cinema thanks to the unmatched success of the Hollywood film industry. But no, it's none of the above. The name actually comes from the discovery of gold in 1848 – but wait, there's more... you may not know this, but California was originally referred to as the Grizzly Bear State. Now the official Californian flag is starting to make a bit more sense, right?

Back to today, California is an amazing assemblage of varied cultures, geographic segments, and social classes meaning there are several fascinating and breathtaking aspects to explore. With its vibrant cities, beaches, amusement parks, and natural wonders like nowhere else on earth, California is a truly intriguing land of possibilities for avid travelers and locals alike. In the following pages, we're going to explore some of these awesome venues, places like the gateway cities of San Francisco and Los Angeles which are home to some of the state's most well-known sites including the Golden Gate Bridge, Hollywood, and Disneyland. But mand-made marvels are not all on offer here, California's national parks cover a wide variety of terrains like mountains, forests, deserts, coastal areas, and islands which all provide their own outstanding experiences... And Eureka! Here they are!



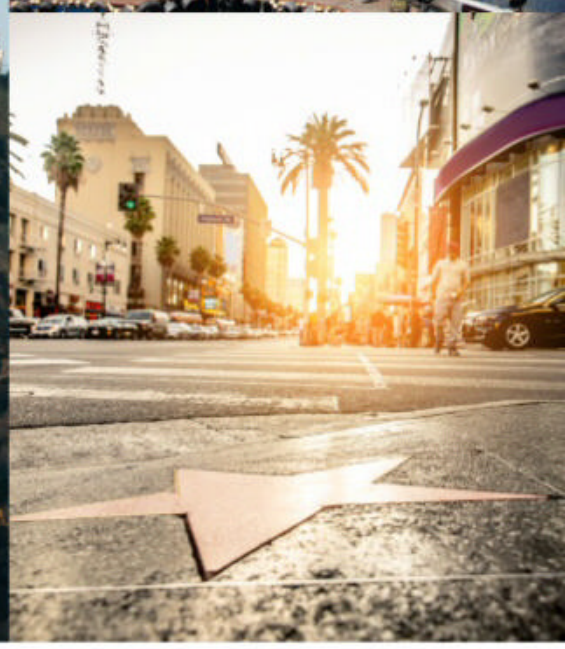












HOLLYWOOD, LOS ANGELES

Ah yes, the one and only city of glorious Los Angeles. There is really no place like it. Known the world over and often cited as the city of angels, Los Angeles is a sprawling Southern California city and the center of America's film and television industry. Near its iconic and globally recognized Hollywood sign, studios such as Paramount Pictures, Universal and Warner Brothers offer behind-the-scenes tours – a must-do for any avid movie fanatic. While you're there, see if you can pop by Hollywood Boulevard where TCL Chinese Theatre displays some of the most famous celebrities' hands and footprints. The Walk of Fame honors thousands of luminaries and vendors sell maps to stars' homes so you won't want to miss out on any of the excitement. And who knows, you might be lucky enough to witness a new set of prints being set, while you're there. Aside from the obvious glitz and glamor, L.A. is also popular for its Mediterranean-like climate, ethnic diversity, Hollywood, and its sprawling metropolis.

UNIVERSAL STUDIOS HOLLYWOOD

While you're in Los Angeles you might as well go check out what this awesome amusement park and movie studio has to offer. Universal Studios Hollywood is situated along the border of the San Fernando Valley area and the unincorporated county island known as Universal City. It is one of the most popular attractions in California and a definite must-see making it the perfect place for families with older children and teens and any avid movie fan! The available rides and sets are based on famous movies, with everything from shockingly realistic simulator rides to roller coasters, and much more. There are also a number of tours on offer providing fans with one-of-a-kind experiences through huge sets and organized studio experiences. Some of the most popular tours in the park include The Wizarding World of Harry Potter, Fast and Furious - Supercharged, and The Walking Dead Attraction - among others. You'll also find dining, shows, unique shopping opportunities, and various events held throughout the year so there's always something new to see. Visit their official website on universalstudioshollywood.com for more information.

THE GOLDEN GATE BRIDGE, SAN FRANCISCO

Although L.A. (mainly due to Hollywood's acclaim) is top of mind when people outside the continental U.S. think of California, San Francisco is second to none. It's one of the most beautiful cities in America and offers more than enough fun, entertainment, and activities along with magnificent natural sights that make it a must-see for any traveler's bucket list. The ocean and hills provide a stunning natural setting creating a sense of calm and completeness. The quaint neighborhoods are filled with historic sites and ampule green spaces while the diversity of its residents inspires a relaxed attitude that truly makes this city special. Being in the city is great on its own but the iconic Golden Gate Bridge is one of the key sights that attracts tourists from around the country and globe. So famous is the Golden Gate Bridge that it's what many people call to mind when they think of the city, and even the Golden State - California. Seen from far, or with an aerial bird's eye views places an orange (gold-like) frame against the splendid blue water of the San Francisco Bay making it a truly unforgettable sight. If you want to enhance your experience then don't just look upon the bridge from afar but actually, travel across it. Take some pictures and enjoy the moment, walk or bike... just be there and live in the moment and take in the air. You'll love it!

DISNEYLAND, ANAHEIM

California seems to have it all, first Hollywood, now Disneyland too? Yes, that's right. Visit the place of dreams and reminisce on your younger days. For decades, Disneyland, located in Anaheim has become a premier family destination and for those that have kids, it'll be a truly memorable moment for the youngsters. Aside from all your favorite Disney characters, the massive amusement park is home to all kinds of rides, games, shows, and family-friendly entertainment. That's not all, because adults aren't left behind with Disneyland's wide selection of restaurants and hotels so there's really something for everyone. The main concept behind the theme park is creating a place of fun, mystery, youth, and magic as Disneyland combines rides, characters, props and backgrounds to recreate its many worlds and cultures. It's more than just rides in teacups because Disneyland offers a variety of shows and other entertainment designed for both children and adults that are sure to capture your imagination. Disneyland is more of a resort than just a fun theme park, it is meant to provide its visitors with the full Disney experience taking you into their unique magic-filled world. There's no denying that Disneyland is extremely popular with children, teens and young adults so keep in mind that during the holiday season the park is going to be very busy. To avoid long lines and waiting times ensure you get your applicable pass which offers 'return times' for rides so you'll be able to experience a bit of everything that the most magical place on Earth has to offer! Visit their official website on disneyland.disney.go.com for more information.

SEAWORLD, SAN DIEGO

Fancy getting your feet wet? Then pop on over to SeaWorld in San Diego. There are tons of activities on offer and like Disneyland, SeaWorld is an awesome family-friendly experience. Seaworld is a classic destination that attracts people from all over the Western United States. It's an animal theme park, oceanarium, outside aquarium and marine mammal park that's popularly known for its impressive live orca and dolphin shows that provides visitors with the opportunity for unique close-up encounters with some of their favorite marine life. There are many thrill rides available with dining facilities and so much more on offer making SeaWorld an awesome place to spend the day!



















DEATH VALLEY, INYO COUNTY

Here's something different. Have you ever heard of the Death Valley National Park? It's located near the border of California and Nevada, in the Great Basin. The Death Valley National Park is the principal feature of the Mojave and Colorado Deserts Biosphere Reserve and contains some of California's most inhospitable terrain, with extreme heat that has left this desert area strangely beautiful. Witness its salt fields, incredible mountains, sand dunes and dry parched land with a lake that lies below sea level - that creates an extremely dry yet uniquely beautiful landscape. Visitors can drive through the park and take in the sights by stopping at designated lookouts. Other activities on offer include short hiking trails and paddling in the shallow Badwater Lake - if there's any water!

BIG SUR, CENTRAL COAST

Maybe you're eager to take a road trip and riding with the top down is more your style? Then why not visit Big Sur which is a rugged and mountainous section of the Central Coast of California between Carmel Highlands and San Simeon. Here, you can cruise along the coast with magnificent views of the Pacific Ocean. Big Sur offers a chance for visitors to relax and get back in tune with nature. Aside from the awesome drive and splendid views, travels can make stops at State Parks like Pfeiffer and Garrapata where they can camp, sunbathe, hike and reconnect with nature. Really, Big Sur is all about calm and quiet. Finding your peace or enjoying moments with those that are closest to you.

HEARST CASTLE, SAN SIMEON

Feeling like experiencing something a little more 'rich' in heritage? Then stroll on over to the Hearst Castle in San Simeon. This historical monument was started in 1919 and took 28 years to complete. Although it did take long to finish, that's not all too bad, because with that much time and effort put into the Hearst Castle it was able to incorporate a mix of architectural styles that have made it uniquely lively and fun yet also very stately. The 165-room monument rests atop a hill that offers spectacular views out over the Pacific Ocean and the Santa Lucia Range. It's not just the castle that's cool, but also what's inside with its large collection of art and odd wildlife like zebras can still be found wandering the grounds. The castle is located almost exactly halfway between Los Angeles and San Francisco so maybe you could stop by after you visit Universal Studios Hollywood - on your way to the Golden Bridge.



ZUMA BEACH, MALIBU

California is known for its gorgeous and sunny beaches, not to mention the many hot bods that occupy them. One such place that has all of the above is Zuma Beach located in the upmarket surroundings of Malibu. It's about ten miles north of Santa Monica and what makes Zuma really unique is its varied beach environments. Zuma is a sandy, flat, wide beach that is exceedingly popular amongst beachgoers within the vicinity. There's plenty to do, food available, and lots of fun and interesting people to meet. If something less public and more private is your thing then you're in luck because not too far away from Zuma Beach is Paradise Cove with its privately operated parking and food outlets. The limited access means it's not too crowded, and cabanas and beach chairs can be rented (and reserved online in advance).

MANDALAY BEACH, OXNARD

If you're looking to explore even more and you don't mind driving a little further out then Mandalay Beach is perfect for you with its five miles of wide, uncrowded, and sometimes even uninhabited sandy beaches. Plus, there's even a small harbor nearby if putting on a sailor's suit is more your thing. Mandalay is located at the northern end of Oxnard and there's a large nature reserve behind the beach which is also open to the public. What's really attractive about Mandalay beach is that it's very affordable and the beachfront has a wide selection of hotels that charge a fraction of the price similarly located properties charge in Los Angeles. If you're looking to stretch your funds over a few more days when Mandalay Beach is the place to do it.

LAGUNA BEACH, ORANGE COUNTY

When you arrive be sure to stop by the main beach area suitably called Main Beach Park. This beach feels a little more upscale by design with its lightly brown sand and rocks along the edges to break up (and calm) the waves. Main Beach has gently sloping beaches on either side and is occupied by sunbathers and beachgoers from nearby counties all looking to relax and have some good, clean, fun in the sun. It's also cool in the sense that it offers a bit more than the average beachfront would with its various hotels, sports facilities, and its long, winding beachfront bike path. If something more chilled and sophisticated is what you're looking for then grab your sunscreen, pack a few comfortable chairs and a beach umbrella and head on over. You won't regret it.

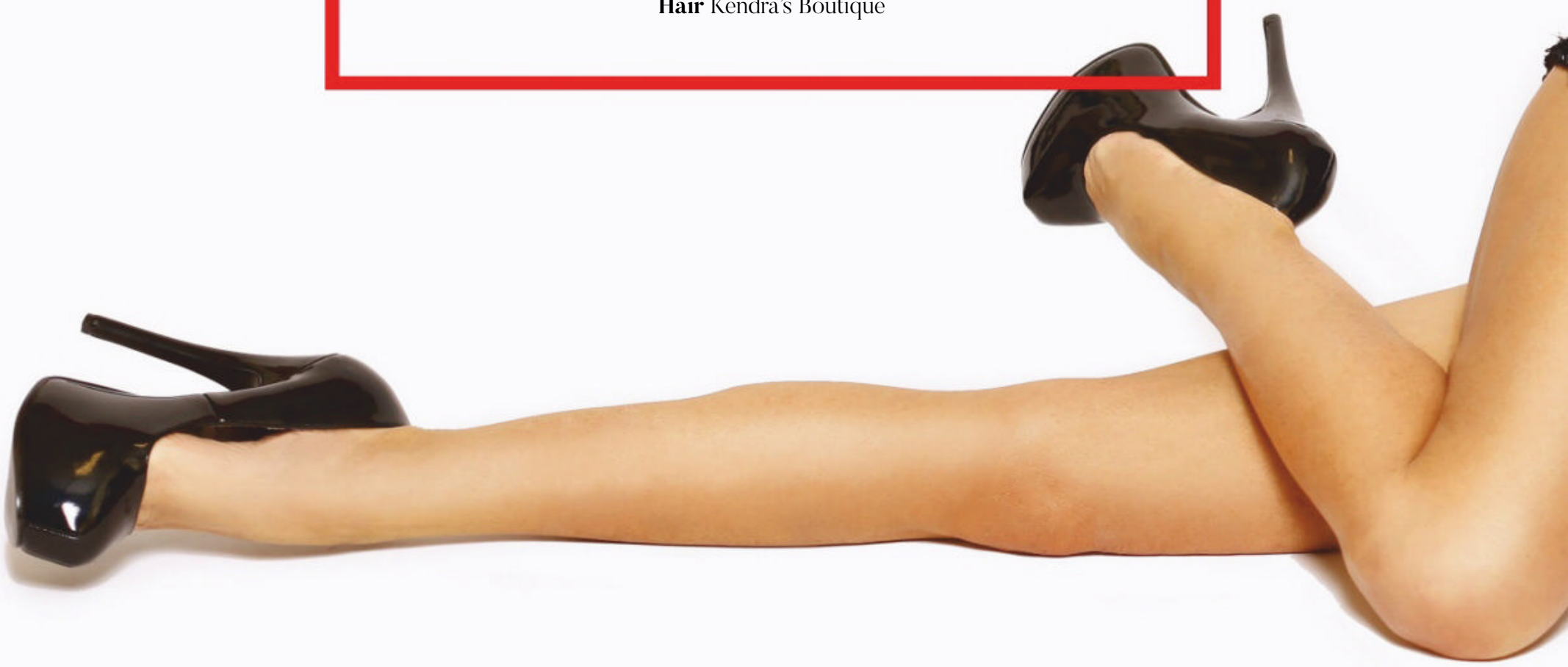


QUICK FACTS!

- California became a state on September the 9th 1850.
- Originally named by Spanish sailors, California is thought to be named after Queen Califia, a character in the book written by Garcia de Montalvo.
- California's state capital is Sacramento.
- California's state motto "Eureka" means "I have found it."
- The California State Song: "I love you, California, you're the greatest state of all. I love you in the winter, summer, spring, and in the fall. I love your fertile valleys; your dear mountains I adore, I love your grand old ocean and I love her rugged shore."
- California is the most populous U.S. state.
- California is the third-largest state by area behind Alaska and Texas.

Nannette Hammond

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Photographer Philipe Hernandez | @philipe_photographer
Hair Kendra's Boutique







TELL US SOMETHING INTERESTING ABOUT YOURSELF PEOPLE WOULD NOT ORDINARILY KNOW ABOUT YOU.

People don't normally think of me as someone that changes her own oil in her car or someone that gets dirty working in my yard. I love to get dirty!

IF YOU WEREN'T A MODEL, WHAT WOULD YOU BE?

If I weren't a model, I would be a nurse and help take care of people.

WHO IS YOUR CELEB CRUSH?

My celeb crush is DeWayne Johnson, The Rock! I like big strong men to toss me around!

WHAT IS THE ONE THING ABOUT YOURSELF THAT YOU WISH MORE PEOPLE KNEW?

I wish people knew how hard I work for family and the projects I am involved in. I give 110% to whatever I do! Even in the bedroom!

WHAT DOES YOUR TYPICAL DAY LOOK LIKE?

My typical day involves getting kids ready for school, cooking, doing mom stuff. Then, running off to a photo shoot or catching a flight somewhere to model, then return and do it all over again. I love it! I have minimal downtime.

WHEN YOU ARE NOT BUSY MODELLING, WHAT IS YOUR FAVOURITE THING TO DO?

When not modeling, I love to be somewhere tropical and wear bikinis everywhere. I never want to wear clothes.





WHICH THREE WORDS BEST DESCRIBE YOU?

Three words that best describe me are: Unpredictable, Sexual/Sensual, Loyal

WERE YOU EXCITED TO SHOOT THIS FEATURE?

I really enjoyed this shoot for FHM Sweden! Can't wait to visit again. Beautiful, loving people and scenic wonders abound!

DO YOU HAVE ANYONE SPECIAL IN YOUR LIFE? TELL US A BIT MORE.

I have six awesome children that I love dearly. I also have a wonderful husband that encourages me to be me! All are very special to me.

WHERE TO FROM HERE? WHAT ARE YOUR PLANS FOR THE FUTURE?

Where will I go from here? Stay tuned! I promise, you will see more of me very soon. So, keep buying FHM and watching TV!



Tech or Sex?

What your technology and social media are doing to intimacy

BY CATRIONA BOFFARD

CLINICAL SEXOLOGIST & PSYCHOTHERAPIST

We all know it – our smart devices are wonderful advances in technology that keep us connected, but they aren't great overall for our wellbeing and sadly they're especially not good for our relationship. Twenty to thirty years ago, the only few things interfering in being intimate with one another were kids, pets and the occasional telephone ringing. Most people only owned one TV, which was in their lounge, and when we got into bed at night it was generally to sleep, read or have sex. However, nowadays, technology has crept in between couples being intimate and more often in between couples having sex as well.

Recent studies have revealed that a nearly whopping 20% of people check their phones during sex, whether that's to answer a call, check social media or reply to an email! That's 1 in 5 people! These days, our smartphone comes everywhere with us – from the bed to the shower, to the office and to the gym... and even into the bathroom. We have developed more of an attachment to our smartphones than some people do to their partners! In particular, it has been found that intimate conversations are most affected by technology, and technology inhibits us from developing a relationship with a partner by limiting our ability to connect. Other areas of concern include feeling distant, impaired trust and disrupted intimacy. It's no wonder then, that many people feel that technology infringes on their relationships. There is even concern that we'll lose the ability to have face-to-face conversations.

When I see clients who are struggling with intimacy in their relationships, I always get them to draw up a 'barriers to eroticism' list. This list details anything that gets in the way of you as a couple from sharing eroticism. The lists often include feeling tired, kids, pets, and yes, you guessed it, smartphones! Whether it's paying attention to your phone more than you do your partner, or it's checking your phone when you could be sharing an intimate moment, smartphones are disengaging us from being present in our relationships. We completely disengage from our partners when we could be connecting and creating intimate moments.





"Use technology to enhance your relationship by sending each other sexy texts or emails during the day"

So how do we change some of our bad habits?

- Agree to put your phones away at an acceptable time every night, at minimum, it should be at least an hour before you go to bed to help you sleep better.
- Leave your phones to charge by a plug that is not within reach of the bed – preferably in another room.
- When you're sharing a meal, whether at home or out, cellphones go on silent and get put away (or left in another room during dinner at home) and sit down at a table (if you can) and not in front of your favorite TV show or sport.
- Again, if you're worried someone might need you, like the babysitter, use the 'do not disturb' function on the phone or leave one phone on loud and ask the sitter to only call in an emergency – ignore everything else!
- If you're on a date, this is definitely where the cellphone has no place. Leave it alone until after the date. There's nothing sexy about someone who's more interested in their phone than the date.
- Do not reach for your phone first thing in the morning, but rather reach for your partner!
- Do not befriend your ex on Facebook or follow them on Instagram if you still have any feelings for them or it makes your current partner uncomfortable. If it was a messy breakup or toxic relationship, trust me, unfriend them and cut all contact – it will help you heal!
- Do not advertise EVERY detail of your relationship on social media. This is particularly relevant when you're angry or hurt (as you're bound to say something you'll regret). If your partner has done something to upset you, you should be telling them... not the world! Don't cheapen the emotional intimacy and connection in a relationship by advertising your entire relationship with all '768' of your friends on Facebook.
- Use technology to enhance your relationship by sending each other sexy texts or emails during the day when you're at work, or using it to plan your weekend or holiday together. Then, when you're finally together at the end of the day, put the phones away and turn the laptops off.
- Agree on 'technology rules' that you're both comfortable with and stick to them! Trust me, no one likes that person who is glued to their phone while you're in their company, rather than actually engaging with them.

There are, of course, many advantages to using technology in a relationship, such as the development of new relationships through apps like Tinder, enriching the relationship through communication and relationship management, looking up sex positions (yes please!), sexting, using apps like Dipsea for some sexy audio erotica or apps that help you understand your sexual fantasies, like X Confessions. But let's be totally honest, we managed just fine in those areas pre-smartphones and iPads did we not? Hand-written love letter anyone?

Dear Santa!

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